

Your Health and Sanity



THE HUMANITARIAN SOCIETY, Reg.

The Humanitarian Society was organized when it became evident that the United States would be drawn into the first World War.

The Society was organized for Humanitarian and Reconstructive work.

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The work of the Society is supported by the sale of literature and the free will donations of those sincerely interested in the welfare of their fellow men.

Your Health — Your Sanity

IN

THE AGE OF TREASON

**Food and Liquids Used as a Medium in Deliberately
and Carefully Planned Methods Developed by the
Vicious Element of Humanity, for the Mental De-
terioration and Moral Debasement of the Mass,
as a Means Toward Their Enslavement**

**Based on Their Own Admission and the Methods
Already Confessedly Employed**

**DESTROY A MAN'S REASON, AND HE IS NO LONGER
A *HUMAN* BEING; NOTHING REMAINS IMPORTANT
OR SACRED TO HIM.**



By DR. R. SWINBURNE CLYMER

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THE WARNING

*You and your loved ones are at this very moment
confronted by the greatest menace to health
and sanity ever known to mankind.*

Imagine yourself if you can, BECOMING CONSCIOUS that you are gradually losing your manhood; that your mind is rapidly deteriorating so that you are no longer capable of thinking clearly; unable to plan your future actions.

Your resistance is becoming so weakened that you are no longer master of yourself. In short, you are rapidly developing into a moron, a robot, a zombie, readily subject to the dictates of others and that your family is faring no better.

"A madman's dream you say! The nightmare conjured up by fear mongers!" *Is it?*

Following directly after this *Warning* there is reproduced page 50 of the 1953 edition of *Bertrand Russell's* book: **THE IMPACT OF SCIENCE ON SOCIETY**. *Russell* here offers *Fitch's* outline of methods to be followed to bring about this deterioration of man. HE DESCRIBES METHODS THAT HAVE BEEN EMPLOYED, AND ARE CURRENTLY EMPLOYED RIGHT HERE IN AMERICA FOR THE PURPOSE STATED. Neither *Fitch* nor *Russell* stated that they agreed with this procedure to reduce the race to a state lower than the animals of the field, but they did succinctly and in a few words outline the procedure that might be followed, METHODS NOW BEING EMPLOYED.

AROUSE YOURSELF TO A RECOGNITION OF THE FACT THAT, ACCORDING TO THOSE SO ENGAGED, THESE PLANS HAVE ACTUALLY BEEN TRIED ON MILLIONS OF HUMAN BEINGS, FIRST IN EUROPE AND NOW IN AMERICA.

AT THIS VERY MOMENT YOU AND YOUR FAMILY ARE ACTUALLY FILLING YOUR SYSTEM WITH TOXIC DRUGS WHICH HAVE BEEN PLACED INTO YOUR FOOD AND WATER.

THE PLAN TO BE FOLLOWED, IS THAT ALL BUT THE

FEW—MORE ESPECIALLY OF THE WHITE RACE—ARE TO BE MADE THE VICTIM.

Unquestionably many engaged in such infamous practices are wholly unaware of what they are doing. However, the American people are being made aware of the danger lurking in their food and water as indicated by the many articles appearing in newspapers and magazines and are demanding protective laws.

Who is the authority for the statements here made?

NOT WE, *but mostly the men and women now actually engaged in one manner or another in these diabolical practices; those planning TO BECOME SO ENGAGED* and, FORTUNATELY, BY MANY WIDELY RECOGNIZED PHYSICIANS WHO ARE BECOMING AWARE OF THE DANGER.

INFORM YOURSELF ON HOW YOU MAY PROTECT YOURSELF, YOUR FAMILY AND YOUR LOVED ONES. HELP US TO AROUSE THE PEOPLE TO THEIR DANGER.

countries. Fichte laid it down that education should aim at destroying free will, so that, after pupils have left school, they shall be incapable, throughout the rest of their lives, of thinking or acting otherwise than as their schoolmasters would have wished. But in his day this was an unattainable ideal: what he regarded as the best system in existence produced Karl Marx. In future such failures are not likely to occur where there is dictatorship. Diet, injections, and injunctions will combine, from a very early age, to produce the sort of character and the sort of beliefs that the authorities consider desirable, and any serious criticism of the powers that be will become psychologically impossible. Even if all are miserable, all will believe themselves happy, because the government will tell them that they are so.

A totalitarian government with a scientific bent might do things that to us would seem horrifying. The Nazis were more scientific than the present rulers of Russia, and were more inclined towards the sort of atrocities than I have in mind. They were said—I do not know with what truth—to use prisoners in concentration camps as material for all kinds of experiments, some involving death after much pain. If they had survived, they would probably have soon taken to scientific breeding. Any nation which adopts this practice will, within a generation, secure great military advantages. The system, one may surmise, will be something like this: except possibly in the governing aristocracy, all but 5 per cent of males and 30 per cent of females will be sterilized. The 30 per cent of females will be expected to spend the years from eighteen to forty in reproduction, in order to secure adequate cannon fodder. As a rule, artificial insemination will be preferred to the natural method. The unsterilized,

INTRODUCTION

*Whether or not we like it, whether or not they
deserve it, in order to save ourselves, we
must help others to save themselves.*

INTERRELIANCE IS THE ETERNAL LAW

The outstanding reason for the preparation and publication of the first edition of *THE AGE OF TREASON*, as it is for the present volume, was the frank statement in *Bertrand Russell's*, 1953 edition, of his *THE IMPACT OF SCIENCE ON SOCIETY*.

In this volume he quoted *Fitch*, first visioning the methods to be pursued for *MENTAL DEGENERATION OF THE WHITE RACE*, as well as *Russell* and others who followed them.

It is extremely doubtful if *Fitch* endorsed the idea or the methods to be pursued, and though *Russell* is a profound Socialist, it is questionable if he agreed with the methods outlined to bring about the demoralization of man in preparation for his enslavement. The kindest conclusion is that both foresaw the horrors to be visited upon mankind.

Russell is taken more seriously than many other writers. He has been accepted by the Intelligentsia everywhere, largely because he was a winner of the Nobel prize, as also for his position in favored Universities.

There is another and important reason for publishing this work: the fact that we *know* from experience and investigation, the horrible things even now being visited upon thousands of helpless individuals here in the U. S. These are facts the public should know.

An ever increasing number of requests come to us from every section of the country, urging a thorough investigation, plus the rendering of an unbiased opinion based on the knowledge gained by such an investigation, describing as accurately

as possible, the destructive and debasing practices already in vogue, plus the plans for the future to be employed by certain cliques to assure compliance with the edicts of small but powerful groups to bring about the complete destruction of our society as it presently exists.

These requests, in general, have one source:

During World War I, many patriotic men and women associated themselves into an organization known as THE HUMANITARIAN SOCIETY¹ for the purpose of human welfare, instructions in food substitutes, and aid wherever needed. This organization was later (following the passage of a Law for this purpose) registered in Pennsylvania.

Those who became associated with this group, though from every section of the country, were, by their very nature and inclinations, "grass root" Americans. That is, they were imbued with the original uncontaminated American *Spirit*:

They believed in the American flag as the only flag symbolizing individual freedom.

They believed whole-heartedly in America. They were heart and Soul *Nationalists*.

They believed unquestionably in the American Constitution as spiritually and divinely inspired; as an instrument for human freedom, irrespective of race or creed, with every individual free as families are free, permitting no interference one with the other.

¹ To convey an idea of the "body" of the *Humanitarian Society*, we compare its functional form, with high regard, to the *Christopher Society*. Though it possibly antedates that society, it is in almost every respect, comparable in organization — or lack of organization to that of the *Christophers*. Anyone who is in full harmony with the tenets of the Society and willing to aid in its work to inform and aid the mass, may become members, without obligation. There are no entrance fees, no dues. *Cooperation is the only law.*

They believed in the educational system then in vogue as the most perfect in the world, basing their conclusions on the number of great men that were the fruit of the system.

They believed *firmly* and *unquestionably* in God, the *Divine Law*, and man's subjection to it.

Following the war, the association became more or less loosely knit, with contacts less regular. These men and women never gave up their ideals, and what is of as great importance, they raised their children in these basic principles so that the generations that followed them continued as fundamentally, though by no means exclusively, Christian; Constitutional and Nationalistic Americans; and these, despite their silence, number millions today. Many of them are watching with mounting fear the ever-changing events and the constantly increasing encroachment upon their personal rights, which had its beginning even before the first world war. These Americans some years ago, as in the past when important issues arose, requested us to investigate and to help in the manner we did their parents.

The problem of greatest concern to them, as it should be to every American, is the clearly outlined plans for the subjugation by mental demoralization and degeneration of the mass (all but the few) by the demonic methods described by *Bertrand Russell* (see reproduction of page 50) in his *THE IMPACT OF SCIENCE ON SOCIETY*, from which we quote, and repeat again and again, in order to make the reader conscious of the extreme seriousness of the practices and intentions of the enemies of man and God. To these practices have been added others more insidious (and as destructive) and the mass *actually* believe them to be *for their benefit*, and willingly accept them:

"Fitch laid it down that education should aim at destroying free will, so that after pupils have left school, they would be incapable, throughout the rest of their lives, of thinking or acting otherwise than their schoolmasters

*would have wished . . . DIET,² injections and inunctions will combine, from a very early age, to produce the type of character and sort of belief that the authorities³ consider desirable.”—Page 50, 1953 edition. *Emphasis ours.**

The better informed public at large who had read much of the literature on the methods at that time in practice, was becoming panic stricken by the fear that these consciousnessless and Soulless agents would not be content with the methods they were using, but would discover other and perhaps more horrible means to carry out their plans.

Complying with the many requests to undertake the outlined investigation, we made numerous lengthy trips throughout America and the first volume of *THE AGE OF TREASON* was the result.

When we accepted the assignment, we did so with the expressed proviso:

That whatever the results of our investigations, we would *not* indulge in personal and individual recrimination, name calling, and/or defamation of character of any nature.

² In the first edition of *The Age of Treason*, all of the diabolical methods recounted by Russell on Page 50 and 51 of his book *The Compact of Science on Society*, were dealt with. Since then, the subject has become far too large to be properly considered in one volume. In the present volume: *Your Health and Sanity – The Age of Treason*, we will deal only with foods and liquids, the *two things man must have to live, and the methods now being followed in adulterating both with Toxic, Cancer and other disease creating additives*. Another volume to follow: *The Age of Treason*, will expose and deal exhaustively with the many methods now being practiced to *degenerate* the minds of men into those of morons and imbeciles, that the victims may be readily controlled.

³ These “authorities” naturally, are those who, by one means or another have succeeded in gaining the power to force the mass to yield to their every wish.

We did not, and do not, believe in this form of character assassination. We feel that this has become so common that when an intelligent, educated, reasoning person reads of the commission of an almost incomprehensible and treasonable action, coupled with all manner of villification, his conclusion and reactions are: The writer has "an axe to grind." He is also conscious of the fact that those who do not belong to favored "cliques," but labor for the welfare of humanity, will be villified and persecuted: hence it was agreed that however guilty of wrong any person might be, the act, NOT THE PERSON, would be exposed and condemned.

It was also understood that whenever possible, we would avoid offering our personal opinion or reaction of any occurrence, act, or affair. We would simply quote those who made reports, who had investigated or exposed methods practiced, giving them full credit. Our conclusions would be voiced only after a careful analysis, and full consideration based upon OUR OWN ACTUAL KNOWLEDGE AS A RESULT OF PERSONAL EXPERIENCE, and then leave it to the reader to STUDY, THINK, REASON, INVESTIGATE, AND ARRIVE AT THE TRUTH; AND ACT AS A MAN SHOULD.

SPECIFICALLY, our desire from the very beginning of our efforts had, and still has, but one objective: THE WELFARE OF OUR FELLOW MAN. If we can succeed in awakening our true Americans to their great danger, our aim has been achieved, if not, it is recognized that every man has free Will, and the right and opportunity to either save or damn himself. This text is the medium to expose to all who read it, in unmistakable terms, the numerous means the enemies of men and God have THEMSELVES FRANKLY STATED THEY HAVE BEEN DOING TO THE TEEMING MILLIONS; WHAT THEY ARE NOW DOING, WHAT THEY PROPOSE TO DO, AND HOW THEY PLAN DOING IT, in their efforts to change the creature known and accepted, more especially by those who profess

themselves as Christians, as "God's noblest creation," into Morons, Robots and Zombies; Imbeciles to be enslaved.

To guard against misunderstanding, and the charge of repetition, numerous statements, perhaps in different words or terms, WILL BE MADE TIME AND AGAIN THROUGHOUT THE TEXT, IN OUR ENDEAVOR TO IMPRESS THEM THE MORE FIRMLY ON THE MIND OF THE READER.

Some of the writers quoted and accepted as authorities throughout the world, are positive in their statements. As for ourselves, we prefer to imply, rather than to claim, that IT IS SO. We feel that by doing this we will avoid antagonism even among those who feel as we do, and our conclusions will be the more readily accepted.

It is our contention that he who knowingly permits another, even though that other be his enemy, to be misled, or harm to come upon him or upon those dear to him, is a traitor to his fellow man, his country and to his God. He is guilty of treason.

So great has become the momentum of treason to the American people that even many of those in the highest positions whose duty it is to protect the American people, and who by taking the oath of their office should be the intermediary between the citizens and God in dispensing justice, have flagrantly betrayed their trust, actually turning over the citizens to the enemy.

A correspondent, an Attorney as well known in Washington as in his own city, after reading the text of the present volume, wrote us his impression. His conclusions are so vital to every American still filled with pride in his race, his manhood, and ideals for achievement, that we feel his statements should be included in this Introduction:

"The thing that bothers me in addition to the things you have mentioned is *the general apathy on the part of the people*. . . . Also the fact that great masses of people

are living the easy way which brings about lethargical conditions, but beyond this I wonder if there is not some condition created by a *general lowering of the human race to the animal level, so that a mass-herd instinct seems to take control of them.*"⁴— *Emphasis ours.*

"Isn't there some evidence that as humans become more and more materialistic they *draw away* from the Spiritual impulse for *individual development*⁵ and sink into the animal psyche? Is this not the ultimate result of the forces which reduce Spiritual manifestation to the common mass level?"— *Emphasis ours.*

⁴ This is unquestionably true, and is no more than a repetition of what has happened in all nations that achieved greatness in the past. This general lowering of the human mass to an almost animal level or even lower, always follows when life becomes too easy, too mechanical; hours of labor too short; labor itself made too easy, resulting in too much free time *not devoted to constructive efforts.*

The very basis of a man's nature helping him to keep natural is, that he labor so as to become tired, and in *want of rest* at the end of the day. The poet had the correct concept when he wrote: "For men must *work* (not play at work) and women must weep (that is, bear the burden of womanhood, motherhood and the labor connected therewith)."

Who, you question, desires this? Admittedly, comparatively few, but there are still many whose concepts of the founding fathers and personal achievement by effort remain their ideals, and whose faith in the prophecy of the seers of pre-Biblical times that America is to ultimately become the land of the truly free will in due time come true despite all the destructive efforts of the enemies of God and men. It is for these God-loving and true Americans, and at their request, that we have labored to prepare this text.

⁵ This has happened time and again throughout the ages, and marked the beginning of the decadence of the race. This was recognized throughout all time; hence the *warning*: "History repeats itself." Fortunately for humanity of the future, there

Our hope is that this book will be found to be basically different from all others because of our refusal to follow the usual recrimination route, and that the reader will recognize that we have given those who have such great confidence in us, sufficient information to enable them to act as reasonable human beings and, above all, God-fearing Americans should.

Throughout uncounted centuries, morally and Spiritually-minded men were concerned more especially with ONE ALL-IMPORTANT edict as it concerned their destiny. This is simply stated:

"Fear not those who are able to destroy your body, but those who can destroy body *and* Soul."

The emphasis is placed on the *Soul* of man, THAT BEING the ONLY REALITY; the mental and physical being temporal.

This Divine edict has necessitated a change as the result of the machinations of an almost unbelievably vicious minority of human creatures to:

Fear those who by usurped power have the means to destroy man's *reason and manhood*, thereby making of man an *unreasoning* being, a robot or zombie, preventing

were always groups of men, organized into close Fraternities, who recognized this, and drew to themselves others of like nature in preparation for the final phase of the Human Drama. Outstanding among such drama were those of Sodom and Gomorrah; Nineveh, Babylon, Greece's Saphoism and Rome's debauchery. In each instance, history *did* repeat itself. The ultimate end of races, or nations, were, as a whole, foreseen by *John* as clearly indicated in his *Revelation* — yes, *we* still believe in a Ruling Power and a *Divine Law* that has the final word. *John* classified men into two categories: The "chaff" to be destroyed, and the "wheat" to be "chosen;" *i.e.*, to live and father a new and more advanced race. *The question is ever the same: To which class do you wish to belong?*

him from fulfilling his Divine destiny by making the Soul's awakening impossible.

The methods employed for this purpose are now admittedly being pursued in America, the real American people generally being the victims. The procedures are the most vicious and diabolical the human mind could conceive. The express intent of our efforts is to expose some of the worst of these inhuman methods, that those who will may protect themselves and their families by means of sane, Divinely indicated methods at the command of all men and women.

Finally, *who is* at fault? *Who* is responsible for these hideous and inhuman practices with worse to follow?

How is it possible that among an intelligent and civilized people a single one of these evils has become possible? Let us, you and we, face the facts. It is because *you*, and *YOU*, not excusing ourselves, fail to assume our personal responsibilities, by not voting into office men imbued with the true American spirit.

As we finish these final notes we are listening to Metropolitan's rendition of Wagner's "Twilight of the Gods" and cannot help but wonder whether *we* are not in the twilight of man, and as with Wagner's "gods" we, by our own *negligence*, will fail to "husband the Divine inheritance."

Sincerely given,
R. SWINBURNE CLYMER

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CHAPTER ONE*

A Vicious, Carefully Planned Method for the Mental Degeneration of Mankind, Making of Men Human Zombies, Robots and Automations:

"Diet,¹ injections and inunctions will be combined from very early in life to produce the sort of character and the sort of beliefs that the authorities consider desirable, and serious criticism of the powers that be, will become psychologically impossible.—'The Impact of Science on Society'." BERTRAND RUSSELL. Page 50, 1953 edition.

An "high priestess" of the Marxist cult, in detailing the methods for the debasement of all but a select few of mankind, was the notorious *Ana Pauker* of Poland, a Communist leader known the world over as the world's most inhuman butcher, gave the details of a well-laid plan to bring about the conquest of America by various methods, among them those outlined by Bertrand Russell for the deterioration of the minds of men.

This scheme was outlined by Ana Pauker to *Ilena, Princess*

¹ In the present treatise — Chapter One of the text: *Your Health and Sanity*, we deal only with the subject of food and liquid consumed by the people, and some of the *many* Toxic (poisonous) substances used by the processors of these foods.

*In compliance with the request of the many who subscribed for, and helped in the publication of the first edition of *The Age of Treason*, the original Chapters which appeared in that edition are entitled *Chapters*, while the additions to the volume will be called *Sections*. We do not wish it to be understood that we class this publication as *literature*. There is no continuity of thought, subject, or procedure. Our intent is *solely* to convey information that will be of benefit to the reader, indicating to him how he may protect himself and loved ones.

of *Romania*, and quoted by her in her book, *I LIVE AGAIN*, published by Rhinehart and Co., Inc., N. Y. Pages 288-89:

"She [Ana Pauker] explained to me quite brilliantly and—so far as I have been able to determine from newspapers and magazines I have now read here—quite correctly, the industrial setup of the United States, and I remember that she stressed particularly its dependence on electric power. She had figures and statistics to prove that if electric power were destroyed, the entire country would be so completely disorganized that it could not recover before the government was taken over by those prepared to do so.²

"Another easy method of attack, she explained was offered by the kind of water system³ on which a high percentage of the population depended, and which could be destroyed or polluted simply and easily.

"She explained that these and other similar possibilities existed not only because an urban population had forgotten the basic fundamentals of food raising and food preparation and conservation, but it was also because the system of food distribution itself was such that it could be seriously disarranged by only a few slight efforts, and completely destroyed by a little more.

"Experience along this line [especially food preparation], HAD ALREADY BEEN CARRIED out on a small scale

² It must not be erroneously supposed that these "so prepared" are entirely of foreign birth. On the contrary, perhaps today a majority of them are American born who have permitted themselves to be completely "brain washed" and thoroughly inoculated mentally with foreign ideologies and concepts or, are seeking the easiest and quickest way to gain riches or preference without the slightest consideration for their fellow men.

³ This subject, equally important with that of food, is fully dealt with in *The Age of Treason*, companion work to the present volume.

in the United States, she assured me, so that information on over-all methods had been checked and made extremely accurate."

Ana Pauker's information of the preparation of meat, or more properly, the preparation of cattle and poultry for food, and the methods employed to preserve them, as well as all too many other foods, was entirely correct.

Old-fashioned and long followed methods are frequently replaced by new and simpler ones, especially if greatly to the financial interest of those so engaged. These later methods may have a two-fold effect, one baneful, though the writer would not wish it understood that the methods employed and to be explained, were always with the intent for the purpose outlined by Bertrand Russell and Ana Pauker, though they served their purpose admirably.

Who is not familiar with the old-fashioned practice of castrating male calves so that they would grow into steers whose meat is so much more tender and desirable than it would be if the calf were permitted to grow into a bull.

The secondary effect of this operation, *and this is highly important in the plan followed by the destroyers of mankind*, is that *it will have a profound effect upon the nature of the animal*; CASTRATION DESTROYING ITS FEROCITY, HENCE, ITS POWER, OR DESIRE OF RESISTANCE, THE NATURE OF THE BULL.

There was also the long practiced method of caponizing male chickens so that they became *abnormal females* in nature; the comb, most prominent male characteristic, failing to develop; the flesh becoming tender, with nothing left of the bird's natural "cockiness" of self-defending, or fighting qualities.³

³ Profane science—the system and plan of science to work to the deterioration of man and his mass degeneracy to serfdom—has now mastered the means of transforming the male, the "he" characteristics of both the bull and the cockerel, as

EVERY VIGILANT HUMAN BEING SHOULD BE CONCERNED with several important factors involved: The methods or means by which it is possible to change man's characteristics as easily as the animal's. MAN is a warrior by nature, the protector of his family, and his own rights and privileges; an INDIVIDUAL, a FREE MAN, Biblically speaking: "A co-worker with God." A being who has wrought great things and who, if not interfered with, will do even greater things. *This being is to be turned into a lesser female*; unable, even unwilling, to defend himself, much less his family or country; becoming a slave; a nonentity, a human zombie; a robot, an automaton.

The first consideration must be the animal so treated and then sold as food to be consumed by men, women, youths and children, and secondly, THE FINAL EFFECT SUCH TREATED MEATS WILL HAVE ON THOSE WHO CONSUME THESE MEATS.

There is a Toxic chemical substance long known to Endocrinologists and prescribed by them in the treatment of various specific diseases named "*Diethystibestol*," more commonly known as *Stilbestrol*, substituted frequently by physicians for natural *Estrogens*.

Someone, not necessarily a foreign agent, but rather someone who, possibly without vicious intent, sought a means to greater profit, found that the same effect was possible with the use of *Stilbestrol* when used as an inoculation of birds or fed to animals, as resulted from the desexing of birds or the castrating of male animals; softening the flesh and destroying the male characteristics.

Stilbestrol is, as stated, a synthetic, a chemical product. It is far more Toxic than organic Estrogen. It is safe to assume that no physician with actual experience with Endocrines, natural or synthetic, would prescribe it for children, youths, males

well as their flesh, by more direct methods; procedures detrimental to man's health and sanity.

or women unless he found it *specifically* indicated and then only under his close supervision.

Generally, by the cautious physician, it is prescribed only for women during the Menopause, or Change of Life, and in the treatment of certain tumors and cancers.

Many physicians with long experience, believe that the employment of synthetic *Stilbestrol*, if too long continued, will actually cause tumors of the breast and uterus, these in turn becoming malignant, turning into cancer. It is a dangerous medicinal agent in other than experienced hands.

At the present time it is estimated that more than half of all fowls sold are inoculated with pellets of *Stilbestrol*, but there is no accurate estimate of the number of beef cattle receiving it in their feed. This substance is not entirely eliminated from the flesh of the animals so fed before slaughtering, nor by the preparation of the meat for human consumption. It is stored more abundantly in the liver and is doubly dangerous to those suffering from anemia who use liver more abundantly in the belief that liver will build blood.

That there is real danger in the consumption of such meats by human beings was early recognized. It became so apparent that an investigating committee was formed in America, known as the DELANEY COMMITTEE who, according to their reports, found that the amount of the substance in the bodies of chickens was 20 times the amount a reputable physician would prescribe for his patient, and *only if under his constant supervision*.

It was further found that when the offal of chickens composed mainly of the heads of chickens so treated, was fed to male minks, it caused them to become sterile.⁴

⁴ It is to be noted that the Marxist or Communist plan is, at least in part, to castrate, sterilize or otherwise make impotent, not incompetent, a certain class, and certain number, of all males. This subject will receive more detailed attention in the companion volume: *The Age of Treason*.

Even more alarming information as it concerns the human family, and in relation to this vicious practice, was the reported testimony of the witnesses before the committee, Dr. Robert K. Enders, Professor of Zoology at Swarthmore College, testified that a sufficient amount of the drug *Stilbestrol* is potent TO RETARD THE GROWTH OF CHILDREN, cause cystic breasts,⁵ cystic kidneys and suppress ovulation.

Another of the methods employed by those planning world dominion, more especially the subjugation of the Anglo-Saxon race, is to inhibit ovulation so that only the selected females would bear children. This subject will have more complete consideration later. In the meantime, to avoid becoming a victim, it would be wise for women of child-bearing age to avoid such meats as well as all foods so treated, if for no other reason than this danger.

Dr. Enders, not being a practicing physician, without experience with this drug, hence lacking the knowledge actual practice would have given him, declared he did not believe that eating the flesh *might* produce this result, but reportedly *did* admit that the drug becomes concentrated in the liver of such chickens and *might* produce this effect. He further admitted that the drug has Toxic effects when injected in small amounts over a period of time, and this apparently is JUST WHAT HAPPENS BY THE CONTINUED CONSUMPTION OF SUCH MEAT.

⁵ Tumors of the breast in women have increased alarmingly within the past few years. Physicians familiar with *Stilbestrol* believe that it has this property. Is it not possible that the large consumption of fowl and meats so treated are the cause of this horrible condition? Should not there be a thorough investigation for the sake of women? Would it not be wise for housewives to refuse to buy and serve such meats, protecting themselves and their families? At least until such time as it is shown for certain what effects such meats have on children, youths, women and men also.

Dr. E. Malcolm Stokes, in an article published in the "Western Journal of Surgery, Obstetrics and Gynecology," September 1948, wrote:

"Single large doses of [natural] estrogen substances are quickly excreted. . . . Long continued, repeated administration in relatively small doses [as in *daily consumption of meats permeated with STILBESTROL*]⁶ may intensify tissue response to the hormone."

Another physician, Dr. Carl G. Hartman, of the *Ortho Research Foundation*, stated:

" . . . it is widely believed among the medical profession that Estrogen⁶ is a means of stimulating cancer. Estrogen given to a rat produced cancer in three months." Further : . . "We find that if you give a little and then discontinue a while, then give a little more and stop a while again, . . . it is more effective than giving it continuously."

According to medical literature on the subject⁷ of both *Estrogen* and *Stilbestrol*, all agree that both are powerful drugs; *Stilbestrol* far more so than natural Estrogen. The Endocrinol-

⁶ This statement should be qualified. There are, as already stated, two types of Estrogen: The natural, made from gravid mare's urine, and the synthetic. Experience would indicate that the natural Estrogen prescribed by an experienced physician will *not* cause cancer; while the synthetic, the type fed to cattle, does. Though not so stated, it seems that the indicated Estrogen is the synthetic type. In either case, it is a warning of how carefully this substance should be employed, and then *only* as a remedial agent by physicians. Parents who have regard for their own health and the welfare of their children, will *not* use such meats as articles of food.

⁷ Literature by Pharmaceutical houses may at times make greater claims for a product than is justified; they seldom deal overstrongly on their dangers.

ogist would be unable to successfully practice his profession without Estrogen. Experience during the past forty years has proven its efficiency and safety in *competent* hands, especially in the treatment in Menopause—the Change of Life in Women. Many physicians who are fully conversant with *Stilbestrol* will not use it in their practice except in special cases; sometimes in the treatment of certain types of cancer, mostly in the male.

Both Estrogen, the Natural product and the synthetic, are powerful drugs, and their tendency is not only in the direction of their therapeutic action, BUT MORE ESPECIALLY IN THEIR EFFECT UPON OTHER ENDOCRINE functions, the REACTION of which, when *counter-indicated*, may be terrifying, especially on the neuro-mental system.

The functional changes may come about slowly [usually do], or suddenly; and once started, no one can forecast the final results.⁸ Infinite care is exercised by Endocrinologists in their use, in order to avoid the more apparent complications that follow in their wake; such as the various cysts on the productive organs of women; tumors; killing of the fetus, bringing about miscarriage or death in the uterine walls; weakening of the mentality and destroying fertility.⁸ The employment of *Stilbestrol* in de-sexing chickens and as feed for cattle is undoubtedly more dangerous than the indiscriminate use of natural Estrogen by well-meaning but inexperienced physicians.

Many physicians will remember that it was Dr. Henry R. Harrower, a pioneer in the prescribing of Glandular extracts in the treatment of disease, who stated that *Stilbestrol* is *not* decomposable in the body structure, hence, the natural protective activity of the bodily organs are *ineffective in prohibiting harmful results*. Natural Estrogen, on the other hand, is decomposed,

⁸ All this is well known to the vicious element in our midst whose whole intent, and every effort, is to subjugate all but their select group; the easiest way being by means of those essentials which all must have in order to live: food and water.

and any of its possible harmful effects may be more or less made ineffective.

Physicians versed in the use of Endocrines (Glandular extracts) agree generally that *Stilbestrol* is a *dangerous* drug in *all* except experienced hands.

It should be prescribed *only* by physicians after they have made a *thorough* examination of their patient and found what they believe to be a need for its use, and even then, to substitute natural Estrogen instead wherever indicated, in order to avoid the always possible harmful effects.

The employment of *Stilbestrol* by the laity with absolutely no knowledge of the dangerous agent they are employing, in conditioning chickens and meats, is mass medication without license, with a dangerous Toxic drug that may have universal disastrous results on all who eat such adulterated foods. This is especially true as it concerns children, youths, young women and men, resulting as it may, in their sterilization or cancer—something fervently hoped for by the enemies of mankind.

What is the remedy? There is but one safe way. Not to use the meats so treated as food. Under no circumstances give such meats to the family. Fathers and mothers of America, you are the guardians of your family. To betray your trust in any way, is to commit treason to them, to the State, to your God.

Stilbestrol is intended *only* as a remedial agent having a specific purpose in medical practice, it is certain that no reputable, experienced physician would prescribe it for a girl of four, eight, eleven, or even of sixteen, or for any male, or, for that matter, for any woman UNLESS THERE WAS PRESENT A DIRECT INDICATION FOR ITS USE. This being admittedly true of all physicians prescribing *Stilbestrol*, WHAT RIGHT HAS THE LAITY, WITHOUT THE SLIGHTEST KNOWLEDGE OF ITS TOXIC POTENCY, TO PERMEATE FOODS THAT PRACTICALLY ALL BUT STRICT VEGETARIANS INGEST DAILY, *unpossessed as they are, of the slightest idea of what temporary or permanent injury it*

will have upon the consumer's physical, and ESPECIALLY HIS MENTAL CONDITION.

If a physician were to prescribe a Toxic drug of which he possessed little or no knowledge, such drug causing temporary or permanent physical injury to the patient, and it became known to the victim, he would be subject to suit for damage.

It is certain that *no* reputable, experienced physician would at any time or in any instance, prescribe such a drug *en masse*, *especially not for reasons of profit*. Nevertheless the raisers of animal stock for food, and the processors of such foods are permitted, *without a semblance of knowledge or license*, to do so.

Such practice being almost universal now, what is to be the verdict for those who practice such mass medication with Toxic drugs by feeding such drugs to animals to be slaughtered for human consumption, by old and young, well or ill, where such drugs are as counter indicated as is *Stilbestrol*.

It is the duty, a *sacred* one of the physician, to protect the life and welfare of the people as a whole. If he does not, he is a traitor to his profession. It is also the duty of parents to protect the welfare of their children. It is equally the duty of the producer of food substances to make every effort that all food for the sole purpose of sustaining the consumer's physical and mental well-being shall be as wholesome as is possible. IT IS THE DUTY OF LEGISLATORS TO MAKE CERTAIN THAT PROTECTIVE LAWS ARE PLACED ON THE STATUTE BOOKS.

If any of these fail, or are guilty of an act which is not to the benefit of those they serve, or, are responsible for, are they not criminal by act, and guilty of treason as a result of harm done, and is this not a crime against humanity, the State, and God?

Having in view the welfare of the people, *Stilbestrol* is a dangerous drug in the hands of other than physicians, because it is only indicated in abnormal conditions, to which women principally are subject, as in the Change of Life (menopause), and/or, from the physician's standpoint, in the treatment of

cancer and some other diseases.⁹ When given or injected where the indications for it are not present, it may cause cancer and other abnormal conditions of mind and body, and BE ESPECIALLY DETRIMENTAL TO CHILDREN AND YOUTHS.

The *Stilbestrol* mixed with the feed for animals is *synthetic* and is far more potent than the natural made from gravimare's urine. More and more experienced physicians are beginning to believe that this synthetic preparation, even when prescribed WHERE IT IS INDICATED, IS THE CAUSE OF TUMORS OF THE BREAST AND UTERUS, THESE TUMORS FREQUENTLY TURNING INTO CANCER.⁹

The author, as do the many who have appealed to medical men to investigate and give them their conclusions, feels this subject is so supremely important to humanity, that he considers himself duty bound to give the opinions of Endocrinologists accepted as authorities on the subject.

"Estrogen [the natural and less toxic] are CONTRA-INDICATED in patients who have, or have had, malignant lesions of the breast or genital tract and in patients who have been radiated for excessive uterine bleeding. . . . The ill-advised use of Estrogen may lead to post-menopausal bleeding."—G. W. Carnick Manufacturing Chemists.

"Stilbestrol is a potent drug and serious consequences may result unless it is used under constant medical supervision. Physicians who use this drug should be familiar with its indication, dosage, and precautions, and particularly the possible detrimental side effects. Extreme care should be

⁹ Physicians generally, especially Endocrinologists, being fully aware of the dangers involved in the prescribing of *Stilbestrol* are constantly in search for agents less Toxic to replace *Stilbestrol*. Such a substitute appears to be found in *Tace*, a comparatively new discovery which appears to offer good results without the undesirable reactions of *Stilbestrol*.

taken to avoid overdosage. It is also desirable that the breast and pelvic organs be examined before treatment is instituted, as well as at frequent intervals during therapy.
—Dr. Henry R. Harrower¹⁰—*Emphasis ours.*

"The most common [immediate] side effects of this therapy are nausea and vomiting,¹¹ less frequently noted are epigastric pains and discomfort, and diarrhea. Some reports mention lassitude and occasionally allergic reactions. In addition to the foregoing, anorexia, paresthesia, vertigo, thirst and even acute psychosis have been seen.¹²

"Although the side effects may be seen from both oral and parenteral administration, it seems that they are more likely to be produced by the oral [taken by mouth] medication. Since the cause and mechanism of the side effects of *Stilbestrol* are not clearly understood, it is advisable to stop this therapy as soon as these toxic reactions are noted."

In the universal consumption of meat and fowl permeated by this Toxic drug, WHO is there to stand on guard to note such symptoms as may follow the continued ingestion of these foods?

"Among the less serious by-effects sometimes noted in menopausal patients, is an increase in the size of the breasts with tingling and a feeling of fullness; and in some cases an uncomfortable increased libido. Occasionally a marked pigmentation of the nipples and the *areolae* will be noted. . . .

"In effective oral dosage, *Stilbestrol* is more likely

¹⁰ Dr. Harrower may be considered as the father of Endocrinology in America. He did more than any other physician to make Glandular Therapy known to the Medical profession.

¹¹ J. Varangot. *Lancet*, February 4, 1939, CCXXXVI. P. 296.

¹² Drs. E. Shorr and F. H. Robinson, and G. N. Papanicolaou, *Journal American Medical Association*, Dec. 23, 1939, CXIII, P. 2320.

to interfere with the anterior pituitary of the ovarian function¹³ than is natural estrogenic therapy. It should, therefore, be used, *if at all*, with great care in young women." (*Emphasis ours.*)—Dr. Harrower.

"Primary action of *Stilbestrol* is on the genital system: endometrial and vaginal epitheliums, myometris, endometrial and myometrial vascular systems, and the parenchyma of the breasts. Secondary effects are produced in the skin and its appendages, the peripheral bed and perhaps the osseous system." —*Author unknown.*

This being true, it never having been contradicted, what will be the effect, the final result, when this Toxic substance is daily consumed by young girls whose generative system is as yet wholly dormant? Do mothers care to risk the future welfare of their daughters?¹⁴

"In a letter to Dr. Harrower, editor of a house organ to physicians, Bishop agrees with Hawkins (P. M. F. Bishop —*Brit. Medical Journal, London, Aug. 21, 1943, 11, P. 244*) in believing that about 75 percent of women in the menopause require estrogenic therapy. Further, he

¹³ It was previously mentioned that the ingestion of *Stilbestrol* in any form or media may set up undesirable activity in other glands and bring about serious and even dangerous mental symptoms or conditions. The foregoing statement by a noted Endocrinologist confirms that conclusion.

¹⁴ Within the past few years a new condition or disease has made itself manifest, something wholly unknown until recently, greatly worrying parents. Boys of fourteen, sixteen and even eighteen, developed large painful breasts exactly comparable to the condition in women for whom the drug *Stilbestrol* was *prescribed*, and requiring the same treatment. The only apparent causes are the Toxic drugs fed to animals or employed in processing food. It is too soon to give an opinion, but this may also act as a sterilization agent as it does in animals fed the offal from fowl fed with these agents.

states that: '*provided it is given in low dosage and with intervals of remission of treatment* the results are most satisfactory and . . . undesirable by-effects seldom supervene and are of little account.'

"Bishop points out that the matter of dosage is of great importance for at least three reasons: (1) High estrogen dosage renders the organism less sensitive to subsequent dosage, so what was previously a minimal effective dose produces no response if given soon after. (2) continued high dosage *gives rise to endometrial changes, such as cystic glandular hyperplasia*, troublesome uterine hemorrhages. (3) Prolonged inhibition of pituitary activity, such as is obtained with continuous high estrogenic therapy, is undesirable. Women vary considerably in their sensitivity to estrogens at different ages and under different conditions. In general, the menopausal woman is quite sensitive and small interrupted dosage suffices."—*Dr. Harrower.*

Here again the author carefully points out the dangers of even Estrogens — *Stilbestrol* being far more Toxic — unless carefully supervised. What happens when men, women and youths ingest this substance daily with no supervision whatever? *What is to become of our race in the future if mass medication via foods is permitted to continue?*

Let us suppose for the sake of argument, that not a particle of this Toxic drug remains in the flesh of the animal after it is killed, WHAT HAS HAPPENED TO THE ANIMAL'S FLESH ITSELF? We have considered the physiological effects on human beings, the physical man, even under careful supervision, WHAT WILL THE FLESH OF THE ANIMALS SO TREATED DO TO THE HUMAN BEINGS WHO INGEST IT DAILY? MAN IS PHYSICALLY AND MENTALLY WHAT HE EATS, NOT TO MENTION THE EFFECTS THE TWO HAVE ON THE SPIRITUAL?

What is the reason for the use of this Toxic substance in

the food of the steer or as an unction of fowl? PROFIT? *Profit, whether righteous or unrighteous.* Formerly beef were conditioned for the market in Nature's way by the feeding of *enriched by Nature vitamized-mineralized sunkissed yellow corn and properly seasoned alfalfa which became a part of the animal's flesh, making it a LIFE-GIVING food.*

Why feed so much of this golden substance to animals when, by the use of Toxic drugs, much less need be fed and the balance sold for hard cash? Presto! The change from the natural way of conditioning animals to the artificial? *Let the people pay both the price and the penalty.*

We have thus far given considerable space to the Toxic substance—*Stilbestrol*—first employed for conditioning animals for the market in place of its natural food—*corn*. Unfortunately, as in all human experience, one evil gives birth to others, and other agents, equally Toxic, but in a different manner and with different influences on the human system, where thought of, experimented with, found to serve the purpose intended, and producers began to use them generally. Unfortunately, widely read magazines, among them *Reader's Digest* June, 1951, edition, gave wide publicity to such a plan, without a word of warning. Still more regrettably, the item had the wholly misleading pre-title:

*"Here's good news, a promise of more meat,
at lower cost to the farmer."*

The Title of the Article: DRUGS THAT PROD ANIMALS TO GROW FASTER. Condensed from *Science News Letter*, by J. D. Radcliff.

The person who mailed us this copy marked: questions: "Is this actual modern *science*? I always understood that science had as its goal and motivating concept the good of humanity? Can this be said of such a method which employs Toxic drugs as animal conditioners such

as should be most carefully and guardedly administered only by physicians of experience in the treatment of diseases. Drugs which may harmfully and permanently affect those who consume the meats of animals so fed."

There can be only one answer to this question: This is *not* the science of scientific minds; it is the *profane* science of minds brainwashed by the vicious concepts of Asiatics who have less regard for human welfare and life than they have for their animals. Let us give consideration to the article in question:

"Less than a decade ago penicillin was a costly curiosity, often unobtainable even when a life was at stake. Today it is so cheap and plentiful that wise(?) farmers use it in animal feed—with eye-opening results."

Time offers opportunity for experience, experience changes practices and opinions. Referring to the November 1956 issue of the health magazine, PREVENTION, we are confronted with the following statements based on official findings:

"Penicillin¹⁵ in milk is another headache, for cheese producers, for doctors, for you and me. Dr. Henry Welch, chief of the Food and Drug Administration, Antibiotics Division, found traces of penicillin in some of the 474 quarts of milk he tested in 1955, so he ordered testing of this year's milk, too. According to a press release from the Food and Drug Administration of February 22, 1956, traces of the drug were found in 8% of some 1,700 milk samples from all sections of the country. No one could

¹⁵ In general, Penicillin is injected for the cure of mastitis in milking cows. This potent drug is *not* eliminated by the processing of the milk by dealers. This in itself is destructive enough to body and mind, but it does not stop there, some milk dealers even add Formaldehyde. Formaldehyde is well enough as a surgical dressing to prevent infection, or as an embalming fluid, but certainly not as a food adulterant.

trace any ill affects to the antibiotic. *But experts agree that they could create serious complications to milk drinkers who are already super-sensitive to the drug.*"—*Emphasis ours.*

"Dr. C. C. Beck, of Michigan State University, is quoted in an undated newspaper clipping as saying at a dairy field men's conference that the low level of antibiotics in milk is building up a sensitivity to the drug. In other words, if one of those people who do not have any adverse reaction from a dose of penicillin, is likely to develop sensitivity to the drug through milk-drinking, then, when given a dose of penicillin later, serious symptoms might develop. *Medical Journals are continually pointing out the ever-present danger of serious or even fatal reactions from all the penicillin being given indiscriminately for slight indispositions.*"—*Emphasis ours.*

FURTHER TESTIMONY ON PENICILLIN

Rather grave charges are made against penicillin by a physician who appears to have full knowledge of the subject he discusses in an item published in the *Post-Standard*, Syracuse, New York, November 13, 1957.

This is a condition no longer a secret to many, and we add his testimony to that of many other experienced physicians AS A WARNING TO THE MILLIONS WHO CONSUME A GREAT DEAL OF THIS VALUED BASIC PROTEIN FOOD.

"Milk Polluted by Penicillin Given to Cows"

"Binghamton, Nov. 12 (AP)—Retail milk dealers have reported their supplies 'contaminated' by penicillin that farmers use to treat their cows, a city-employed veterinarian said today.

"Dr. John P. Ayres, who also is associated sanitarian in the city health bureau, said the amount of penicillin in some milk 'has got to the point where it affects people who

are allergic to penicillin—they are reacting to the milk itself.¹⁶

"Dairymen can buy the antibiotic at feed stores and other retail outlets without prescription."¹⁷

"So, Ayers said: 'farmers use penicillin in massive quantities¹⁸ to cure infections that cut down milk supply.' These include mastitis, and inflammation of the udder.

"Ayers attacked the method of selling penicillin, and said a recent regulation of the food and drug administration—aimed at limiting sales—was inadequate.

"He (further) stated it also affected the production of cottage cheese since penicillin kills the bacteria required in the fermentation process."¹⁹

An English authority, the Commonwealth Director of Health in Queensland, Dr. D. A. Dowling, is quoted in the INTELLIGENCE DIGEST, London, June 1955, as saying:

"It is now possible that through indiscriminate²⁰ use of penicillin *and other antibiotics* the drugs will soon become completely useless in Australia. . . . When penicil-

¹⁶ Unfortunately, this reaction does not generally manifest itself until the harm may have been done. This is especially regrettable because in numerous instances it has been fatal in the case of children.

¹⁷ Long experienced physicians must sign prescriptions to obtain a supply of Toxic drugs for use in their practice. The laity has greater privileges than the man educated to use it.

¹⁸ This is to the detriment of the millions who use milk as part of their daily diet of their families. These are at the mercy of those who use such Toxic drugs without control from any source.

¹⁹ This bacteria is of great importance in clabbered milk and in buttermilk. The most beneficial agent in clabbered milk and buttermilk is lactic acid.

lin was first introduced in Australia it had no harmful effects. Now, it headed the list of medical agencies causing uncontrollable allergies, and was frequently a killer."

"Dr. Dowling also said a second dangerous result was the emergence of strains of diseases, resistant to antibiotics, which retained their immunity as they spread from person to person. He blamed their indiscriminate²⁰ use for petty ailments for the loss of effect."

These excerpts are not from the writings and reports of those who are opposed to all inoculations, but from the statements made by men who have the welfare of all at heart. Men who are continually investigating methods of treatment; experimenting with drugs, condemning and discarding those they find to be more harmful than beneficial.

Even a casual investigation by anyone will quickly prove to him that parents today live under a constant state of fear and dread as to what the advocated "shots" will actually do to their children.

To continue with the article in Reader's Digest:

"Penicillin, aureomycin, streptomycin, terramycin²¹ and other antibiotics somehow help animals to grow faster and at the same time reduce mortality. They reach market size sooner and therefore consume less food. Result: more meat for the world's dinner table.

"As little as \$1.60 worth of drug per \$100.00 worth

²⁰ The statement in itself would be condemnatory of all serums, penicillin and all other such agents. This would be a biased opinion. If, however, consideration is given to the term "indiscriminate use," the opinion is clarified.

²¹ These three last named drugs are even more potent for harm to body and mind than Penicillin; like Penicillin, their employment should *never* be permitted except by the physician.

of feed, a few grains in a ton, will hasten the growth of pigs as much as 30 percent, of turkeys 20 percent, and of chickens 10 percent.

"For years farmers have known that pigs, chickens and turkeys must have, in addition to grain, a supplement of animal protein—skim milk²², fish meal,²³ or meat scrap.²⁴ In 1948 this essential 'animal factor' was identified as Vitamin B₁₂. Crudely extracted from broths that had been used to produce antibiotics and fed to chicks and other animals, it gave growth a mighty kick forward. Three or four weeks after hatching, chicks might weigh 45 percent more than the usual average.

"Almost every state agricultural experimental station in the country grasped at this promising lead. Dr. Damon Catron of Iowa State College reported that pigs fed aureomycin grew 15 to 31 percent faster than usual.²⁵ Dr. B. H.

²² Skim milk is rich in two highly important food elements in maintaining the health of not only animals whose feed does not contain them, but to human beings as well. These are *organic* Calcium and Casein; one a builder of bone, the other a protein highly essential to maintaining a healthy nervous system. No antibiotic, which is no more than a stimulant at best, can substitute for these natural food elements.

²³ Meat scraps are rich in iron and other minerals and supply the animal with such elements missing in its feed. If the feed were properly grown in undepleted soil no additions would be necessary. Antibiotics and additives *cannot* substitute for natural feed.

²⁴ The broths made from organic substances are rich in the elements missing in the animal's food. These elements cannot be successfully substituted. Antibiotics and other chemical substances work by artificial stimulation, whereas the organic substances are natural builders and build organic substances into the meat, making such meat a natural food.

²⁵ This might readily be compared to the feeding of an under-weight person on starches, sugars and liquid foods. His

Schneider of the State College of Washington found that at the end of 84 days pigs on antibiotic feed weighed 94 pounds, whereas others weighed only 67 pounds. Further antibiotics made runt pigs grow to normal size—important since most litters contain at least one runt.

"Antibiotics hold equally great promise for poultrymen. It takes 11 to 12 weeks to produce a three pound broiler. Antibiotics have cut this to as little as nine weeks. They have hastened the date of a pullet's first egg by as much as 15 days.

"There are a number of theories as to how the antibiotics achieve their remarkable effects, none as yet proved. Will the drug stimulate growth of cows and sheep? It is too early to say, but the answer will probably ²⁶ be no.

"These animals have pouch-like rumens, or stomachs,

weight would be almost certain to increase; but, these foods lacking the necessary elements to increase his vital forces and resistance would almost certainly subject him to various ailments.

The flesh of animals fed on feed that is artificial and possibly lacking in building and sustaining elements, cannot by any stretch of the imagination be recognized as able to supply the human system with these essential elements, nor may we forget for a moment the destructive effects the highly Toxic antibiotics have on the body and mind of man, except when wisely prescribed, and their reactions carefully watched by a competent physician.

²⁶ The answer may be anything but "no." What new disease in the human family may be the result? How many of the new diseases or symptoms have already afflicted the human family as the result of such experiments? Who will offer himself as the test tube? Nevertheless millions will be such unknowingly while the experiments take place. A certain class of physicians admittedly make countless experiments in their laboratories, but unless they are renegades to their profession, they do not experiment on human beings. Judging by the many questions people are asking, the mass in an ever-increasing number are begin-

in which bacteria acts as foods to produce essential vitamins,²⁷ *Antibiotics might kill off these valuable bacteria, thus doing more harm than good.*²⁸—*Emphasis ours.*

What do medical authorities of unquestioned reputation and ability say about some of these potent drugs? In the text *MEDICINE OF THE YEAR*, an authority on *Internal Medicine*, Hugh J. Morgan, M.D., professor of Medicine, Vanderbilt University, states:

"Since its introduction in 1944, streptomycin has proved to be a valuable cherotherapeutic agent in the treatment of many infectious diseases. *Two serious disadvantages* have attended its use: the damage to vestibular function and hearing, which it may cause and the *rapid development of resistance* by organisms exposed to it. Methods of clinical use have been developed which reduce the effect of these characteristics.²⁹ The fact that they can-

ning to believe that the experiments are also being made on human beings without their knowledge or consent.

²⁷ If these bacteria in the rumens act as producers of essential vitamins, *who is there to say that they do not act in the same manner in the stomach of other animals and, if so, as there is every reason to believe they do, then these vitamin builders are not only destroyed, but must be absent in the meats consumed as food. Is it to be wondered that the human family (especially in America) though well supplied with food, is starving for want of vital essentials, vitamins and minerals?*

²⁸ An admittance by these experimentors of what may actually be the result of using these potent drugs in the feed for animals.

²⁹ It is to be noted that physicians who prescribe the drug legitimately practice caution in using it. There are no such clinical tests being made by the users of this and other such Toxic drugs in feeding animals, hence the drug itself, or the destructive effects it has had on the meats is without control whatsoever, and the meat may become the means of *mass medication*, something

not be eliminated has motivated investigators to examine related compounds for efficacy and toxicity. Dihydrostreptomycin is less toxic³⁰ and may be equally effective.—*Emphasis ours.*

"The degree of injury to the vestibular and auditory components of the eighth cranial nerve is a function of the duration and rate of administration of streptomycin. Treatment schedules have been devised in which the daily dose is small enough or the duration of treatment short enough to reduce greatly the incidence of these manifestations.³⁰

To further quote Dr. Morgan:

"These limits are sometimes exceeded in the treatment of patients with serious infections susceptible to no other treatment, BUT EVEN THESE PATIENTS ARE EXAMINED FREQUENTLY FOR VESTIBULAR FUNCTIONARY

which no physician would think of doing, nor would he prescribe the drug without extreme carefulness and constant watchfulness. The question so many people are beginning to ask is: "Are these producers of cattle for food the conscious or unconscious mediums of enemy agents for the mental debasement of the American people as outlined by *Pauker, Russell* and numerous others?

³⁰ The toxicity of this drug and others like it is here candidly admitted by the author because he, like all reputable and experienced physicians, has no desire to hide the truth. In fact, it is as much to the credit of these physicians as it is their duty and desire, to save humanity mentally and physically; not destroy them.

³⁰ An indication of the extreme caution physicians exercise in prescribing this drug and their watchfulness of its action even where it is directly indicated. There is no such supervision over this Toxic drug in the meats such as beef and fowl, nor over those who consume the meats. Old and young may become victims.

ACUITY. THIS PROBLEM BECOMES MORE SERIOUS IN TUBERCULOSIS, MENINGITIS IN WHICH ONE MAY HAVE TO ACCEPT DEAFNESS AND SEVERE ATAXIA IN AN ATTEMPT TO SAVE LIFE."—*Emphasis ours.*

Many of the editors and staffs of our popular magazines are becoming conscious of what is taking place in the production of animal foods for consumption by the public. As yet, only a few have given thought to, and connected, the plans long prepared by the enemy master minds and their associates, such as *Ana Pauker*, for the degeneration of the mentality of the mass and their subjugation and enslavement. The majority of investigators and writers are conscious only of the damage drugged foods might do to the health of the people.

An increasing interest and consciousness is illustrated by an article entitled: *Those "New Foods" Can Kill You*, by *Jack Denton Scott*, which appeared in *AMERICAN MERCURY*, June 1956 issue:

"America is the greatest food-producing country the world has ever known. We grow the fattest beef, biggest vegetables, juiciest fruit. But—along with the finest food in the world, we're serving liberal portions of disease.³¹ We are putting poison on our plates every day."

"Early this year, at a tax symposium on medicated cattle feed conducted by the U. S. DEPARTMENT OF HEALTH, EDUCATION AND WELFARE, and the FOOD AND DRUG ADMINISTRATION, four doctors got on their feet and warned the world against feeding meat animals

³¹ This is not an entirely correct statement from the physician's point of view. We are not "serving liberal portions of disease," itself, but the additives in our foods (a fact admitted by the greatest authorities on the subject, *those who have given much study to the use of additives*) which not only cause disease of body, but mental deterioration as well.

Diethylstilbestrol (*Stilbestrol*)—a [synthetic] female sex hormone.”—*Emphasis ours*.

One by one, these medical men said in substance: “This hormone has been known to induce cancer. We do not know what the cumulative effect will be on the human populace which consumes meats fed with this hormone.”

Dr. Rigoberto Iglesias, of Chile, testified that in the experiments conducted for over two decades he had proved that the continuing administration of minute doses of the hormone is more effective in inciting cancer than intermittent injections in larger doses. The other doctors said that their tests proved that injections of the female sex hormone in mice, rats and guinea pigs had induced polyps, fibroids and tumors.

HOW DOES THIS AFFECT YOU (the reader and meat consumer)? The doctors at the symposium pointed out that more than 30,000,000 chickens and half the beef cattle of the country are, at this moment, being fed Diethylstilbestrol. Since the hormone stimulates growth and brings about a rapid increase in weight, the men who put meat on your table favor them but it is illogical and DANGEROUS FOR YOU.

Cancer Is Traced to Food Additives

“Experts Symposium in Rome Lists many Dyes, Flavors, Preservatives as *unsafe*.

Asks Legislative Curb

“Appeals for International Collaboration to *Protect* mankind from hazards.

“By Arnaldo Cortesi. (Special to the New York Times.)

“Rome, Aug. 20th, 1956—A number of food additives used in the United States and Europe as dyes, thick-

eners, sweeteners, preservatives and the like were labeled *cancer producing* today by a symposium of the international union against cancer.

"Other food additives were put on a suspect list as unsafe until their properties had been more thoroughly tested.

"The cancer experts meeting in Rome acknowledged that this created 'a serious public health problem.' They unanimously recognized the 'urgent necessity of international collaboration for the protection of mankind' against such hazards as *cancer producing food additives*.

"The participants in the symposium also acknowledged that food additives were only one part of the vast problem of environmental cancer, which includes occupational and lung cancers.

"The symposium was attended by forty-two cancer experts from twenty-one countries including seven Americans and four Russians. It was called by the congress of the International Union against cancer held in Sao Paulo, Brazil.

Report Subject to Review

"The joint report unanimously adopted by the symposium is subject to review by the executive Committee of the International Union Against Cancer. It is, therefore, possible that some of its conclusions may be modified.

"The report laid down the basic principle that no food additives should be used unless specifically permitted by legislation based on lists of substances that have been proved innocuous after stringent laboratory tests.

"It went on to give the first lists of food preservatives and dyes that were found either acceptable, dubious, or definitely dangerous. Dubious preservatives requiring urgent retesting included, sulphureous acid and its derivatives and formic acid.

"The dangerous preservatives condemned as 'carcinogenous and to be avoided for human use' included thiourea, tioacetamide, eight-hydroxy, quinoline and hydroquinone. Most and perhaps all of these are used in the United States and Europe.

"The report said certain mineral oils and paraffines *used* for coating milk containers ³² had produced cancer in *man* and experimental animals. It issued a warning against food stuffs *sterilized by radiation as potential cancer hazards and against the use of estrogens*³³ as fattening agents for poultry and meat animals.

"It said that several detergents had 'co-carcinogenous and prompting effects' and that their use for cleaning food containers therefore required caution.

Food Dyes Condemned

"Food dyes came in for particular severe condemnation from the symposium. Its report stated that *no* food dye at present met 'agreed criteria or safety.' Twenty-nine dyes were listed as 'unsuitable' or 'potentially dangerous' with the statement that they should on *no account* be added to food or drink for men and animals.

"The fundamental paper that formed the basis of the symposium's recommendations was read by Dr. Wilhelm C. Hueper, German-born member of the United States

³² To protect yourself and family, we suggest that you do not buy your milk or other food in such containers, but only in glass bottles or tin-lined containers. This caution cannot be too frequently repeated.

³³ *Stilbestrol* is a synthetic preparation, i.e., a chemical. It is added to the feed for cattle and sometimes fowls. According to the best authorities it is *not* destroyed by heat in the preparation of meat or fowl. To properly impress this fact on the minds of the reader it is essential that this statement be repeated time and again.

delegation. He is chief of the environmental Cancer Section of the National Cancer Institute and is co-chairman of the symposium.

"Dr. Heuper listed twenty groups of suspect food additives and seventeen groups of suspect food contaminants. Many of these agents, he said, have not been adequately investigated for carcinogenic qualities. The food additives included dyes, thickeners, synthetic sweeteners and flavors, preservatives, shortenings, bleaches, oils and fat substitutes. The food contaminants included antibiotics and estrogens for fattening animals, pesticide residues, soot chemical sterilizers, anti-sprouting agents, wrapping materials, radiation.

"At the end of their labors the symposium and executive committee of the International Union Against Cancer were received in audience by the Pope at his summer residence of Castel Gandolfo. He delivered a brief address and imparted an apostolic blessing to them and their work."—*Emphasis ours*. Quotations verbatim from *New York Times*, Tuesday, August 21, 1956.

Stilbestrol a Definite Cause of Cancer

Stilbestrol is widely recognized by other physicians than those thus far quoted as a possible cause of Cancer. We have here reference to an article in the magazine PREVENTION, June 1957 issue, pages 64, 69 and 70:

"Dr. Steyn repeatedly expresses his concern over the children of the world, for it is they who are most susceptible to the effects of carcinogens. It is a sad fact to note that it is these little ones who most often consume the foods such as *breads, cakes, sodas*,³⁴ so saturated with dangerous additives.

³⁴ In maintaining health it is important that no food or drink be consumed which contains adulterants or preservatives.

"For some reason, it has been shown, the immature subjects in experiments show more pronounced harmful effects than older animals when they are fed foods which contain suspected or known carcinogens.

"As a result of Dr. Steyn's work, two dyes, benzo-purpurine and nigrosine have been taken from the approved list of dyes in the Union of South Africa, after many years of unrestricted use. Both were found to cause loss of weight, retarded growth and general weakness.

"The Union of South Africa's vigilance in matters of food additives is further evidenced by its flat condemnation of *Stilbestrol*, in 1954. This hormone mixture was definitely found to be cancer-causing. In America these hormone products are in use for caponizing cockerels, and are often included in cosmetics for women. The use of *Stilbestrol* in cattle food is too well known to need added comment.

"The use of antibiotics to preserve food is warned by Dr. Steyn. He sees in them an invitation to coronary thrombosis because they have been shown to increase the coagulability of the blood, which can lead to clots in the bloodstream. Also, continued ingestion of antibiotics can create a tolerance for them that will neutralize the effect of any antibiotic medication which might be needed in an emergency. Antibiotics in food kill organisms in the body which are there to combat minor infections as well as certain flora and fauna in the intestines which are necessary

The labels on all food and drink should be carefully studied before buying.

In medical schools we were taught that preservatives retard the beginning of the digestion of foods in which they are used. Retarding digestion causes gases to form. Gases may create acids. Acids may cause ulcers and from there on anything may happen. The writer of this statement is, as far as known, the oldest Dietitian in America, and his experience has verified this.

for health.³⁵—*Emphasis ours.* Quoted verbatim from the June, 1957, issue of *Prevention*. Pages 64, 69 and 70.

POSTSCRIPT

After the foregoing reports had been linotyped and made ready for printing, TIME magazine, in its September 8, 1958 issue, printed a report so important that it is here reproduced with our comment. Full credit is given TIME:

"Beef & the Man . . .

"Readers of Rio de Janeiro's daily *Ultima Hora* (circ. 135,000) are no strangers to sensation, but even they were shaken to their gonads by the blaring headline: TERROR IN BRAZIL—MEN FEMINIZED.

"Cause of the panic was the allegation that men had been feminized by eating beef of steers fattened with the aid of a female hormonal substance, stilbestrol. The *Tribuna do Povo* reported that husky Sebastião de Lima Serra of Araçatuba, 500 miles north of Rio, had suffered a 'veritable metamorphosis, turning into a docile, falsetto-voiced creature of strange customs.' Serra blamed his plight on the hormone-treated beef. Rio's state government proclaimed: 'The necessary measures will be taken to end this evil.'

"Before competent authorities could decide whether there was any evil to end, cariocas had the jitters. Sales of beef dropped 40% in Rio, as much as 80% in other cities,

³⁵ The experienced reputable physician would never prescribe either natural or synthetic hormones unless his experience indicated the need of them, and for no longer a period than necessary. We consider mass medication by their use in food substances, nothing less than a crime, hence treason to man, the State and God.

and the price of tenderloin plummeted from 50c a pound to 3c. Millions of Brazilians took to a fish diet.

"Was there anything to it? Probably not, because only a minute proportion¹ of Brazil's beeves have been fattened with the aid of hormones. And when the job is done right,² by adding stilbestrol (or a related synthetic, hormone-like substance) in doses of ten milligrams daily to each animal's feed, nearly³ all the hormone is metabolized or passes through the digestive tract. Virtually none⁴ can ever be found in the meat if the hormone feeding is stopped (as required under U. S. regulations) 48 hours before slaughter.⁵

"But two Brazilian medical researchers, Drs. Jorge Vaitsman and Jefferson Andrade dos Santos, kept the steak furor sizzling by reporting that they had fed hormone-treated meat to animals with startling results: spayed females went into heat again, and normal males became infertile or impotent.⁶ The researchers forgot to mention

¹ In the feeding of cattle, who is there to make certain that *only a minute proportion* is allotted each animal? This is practically impossible in herd feeding.

² "When the job is done *right*." In how many instances is there supervision to make certain that the *job is done right*? Possibly not in one instance in a hundred.

³ A most important statement meat eaters should remember: *nearly all, but it is by no means* ever certain that *all* this Toxic substance is metabolized by the animal.

⁴ Another important admission: "*Virtually none* is ever found in the meat *after* hormone feeding is stopped." This is pure guess work and is no assurance whatever to meat consumers. There is only one certainty: *Do not consume such meat or serve it to the children.*

⁵ The same important question arises: *Who* is there to see to it that *Toxic* substance feeding is stopped 48 hours before slaughtering?

⁶ This has been proven time and again to be true. Note the

how much free hormone was left in the feed. But there was another boggy: in an alternate method, hormone pellets are implanted in the steer's ear or neck for gradual absorption. From the neck, unabsorbed pellets might slip into an edible cut and thence into an unsuspecting customer.⁷

"Desperate to put down the local alarm, authorities in Rio insisted that there was no danger in Brazil but plenty in the U. S. where hormone fattening is standard practice.⁸ Trouble with this argument: U. S. authorities have not turned up a single proven case of enough hormone getting through to have any detectable effect.⁹ Last week Director Jayme Lins de Almeida of the Brazilian government's Institute of Animal Biology announced that he was starting 'rigorous official experiments' to find out who is right."

various examples given throughout book. Especially the findings of Wyoming *Veterinarians*.

⁷ This should be sufficient warning to all who consume such meats. Who is to stand guard that this does not happen.

⁸ This is freely admitted by competent American authorities whose opinions cannot be successfully contradicted.

⁹ This, like the foregoing statement, is not, to say the least, based on fact.

CHAPTER ONE

Section One

More on the Subject of Meat-in-toxi-cation

The copy for the first edition of THE AGE OF TREASON¹ was completed in the early part of February, 1957. Publication was delayed several months due to the serious illness of the author. The book finally came off the press the latter part of the year, as indicated by the Copyright notice.

In this first chapter we gave almost all of our consideration to a single highly Toxic and destructive additive.

That additive is *Stilbestrol*.

We quoted universally known physicians acquainted with the proper use of this substance, as well as with the danger of its use even in the hands of experienced physicians.

Now, a year later, we find that the NATIONAL POLICE GAZETTE in its February, 1958 number, devotes an article to the same important subject from the standpoint of its danger to the health of those who consume the meat of animals fed this Toxic subject in the feed, or as in the case of fowl, inoculated with it.

This problem of health *is* important, but not by any means as important or serious as is the destruction of men's mentality, making them incompetent from every point of view. A man may be physically ill or weak, yet be a mental giant, John D. Rockefeller serving as an example.

Quoting the NATIONAL POLICE GAZETTE:

"There's danger in the meat you eat. Sounds like an

¹ The first chapter of the book dealing almost wholly with various meats as foods, remains almost as it appeared in the first edition. This section, as well as other sections dealing with the same subject is added, not directly incorporated. This is done for emphasis.

advertising slogan you'd hear in a nightmare. *But let the words sink in . . . digest the facts.* When you eat that delicious, juicy lamb chop, porterhouse steak, or smoked ham, you may be opening the door of a death trap.

"This startling and incredible fact has been revealed by one of the top cancer experts in the country—Dr. W. C. Hueper, chief of the environmental cancer section of the National Cancer Institute of the United States Health Service. . . .

"There is nothing wrong with eating meat. The danger lies only in how the animals are fed² and how the meat is prepared, processed and packaged.²

"And that's where the Food and Drug Administration has let the American people down in that it has failed—partly due to ineffective laws³—to prevent food manufacturers and meat producers from putting dangerous chemical agents into our food.

"The report by Dr. Hueper, which . . . shows that

² The writer no doubt has in mind only the Toxic substances that are mixed with the feed for such animals. This, in itself offers a great danger to the health of mind and body. Health of mind and body are equally endangered by the fact that these animals are fed in great part with hybrid corn which is minus the *most essential element for maintaining health and vitality—the vital life principle.*

The Seed Germs—lack of which, according to our experience and the opinions of nationally known Biochemists, unbalances the vitamin and mineral elements which should be contained in the meat if it is to be a desirable food to maintain health and strength.

³ Great effort is being made at the present writing to enact efficient legislation, though it has been openly said by competent authorities, that opposition by producers and processors of food is so strong due to self interest, that really efficient laws cannot be enacted at this time.

many meats, such as chicken, fish, pork, beef and lamb may become contaminated with cancer-producing agents.

"Danger in Smoked Meats"

"He pointed out that, in the case of smoked hams, bacon and fish, there is potential danger in the smoking process.⁴ Danger also lurks in the plastic casings for sausage.⁵

"But probably the most sensational revelation deals with the careless (deliberate)—and almost criminal—use of femalesex hormones⁶ to fatten chickens and meat animals. Dr. Hueper said the use of these hormones poses a growing threat to the entire nation.

⁴Comparatively small portions of "smoked" meats such as ham and bacon is actually cured in the old-fashioned manner. Instead, these meats are injected with certain substances which help affect a "cure" in a few weeks, replacing the former natural method of "cure" which required many months in brine and then weeks in properly smoking. The present "cured" or "smoked" hams and bacon, when sliced, will not keep eatable for weeks in ordinary refrigerators, while when properly cured and smoked in the old-fashioned manner a ham was cut, hung in the attic, slices cut off, as required, the rest keeping in perfect condition for months until finally consumed.

It is our opinion that hams and bacon treated in the old-fashioned manner are not risks to health. We base our conclusions on the fact that for hundreds of years, while these hams and bacon were very liberally consumed, little was known of cancer, and untold families made these products their basic foods. On the contrary, due to the present manner of "curing" hams and bacon, they quickly become putrid, and unfit for human consumption.

⁵As a protection, the wise housewife will *not* buy any processed animal food in plastic casings.

⁶It is important that we point out *again and again* that the agents employed are not true *sex hormones*, but are synthetic chemical Toxic agents known as *Stilbestrol*. If true Estrogen.

"The POLICE GAZETTE hopes that by publishing these facts it may stimulate the public to protest to their Congressmen.⁷ ONLY in this way will action be taken to tighten the laws restricting the use of dangerous chemicals in food, and in this way safeguard our most precious asset—our health.⁸

"Doctor Warns

"Recent observations indicate that foodstuffs when exposed to wood smoke, such as used in smoking meats and fishes, may become contaminated with cancer-producing agents.⁹

"Pointing out that certain plastics have produced cancers when implanted into rats and mice, Dr. Hueper

made from Gravid Mare's urine were employed, there would be a minimum of danger, the hormone being natural, would almost certainly be dissipated by boiling or roasting. This statement will be repeated time and again, that there may be a thorough understanding of the subject.

⁷ Beginning with January of the present year (1958) special booklets comprising the first two chapters of the text on the subjects, have been circulated by the thousands and an untold number of letters written by an awakened public to their Senators and Congressmen requesting (respectfully demanding) that they aid in the passage of protective Laws.

⁸ The people's health is of prime importance, but there is a much greater problem involved—and this is clearly stated by the enemies of mankind—the determined effort to bring about the deterioration of the minds of men, women and children so as to become little more than morons.

⁹ Considering the fact that, as previously stated, comparatively few meats are cured in the old-fashioned way, this need receive only slight consideration. It is certain, that the present method of "curing" by chemical agents, is much more to be feared, even though there may be some danger in the former procedure, though never manifest during all the years of its consumption.

said that these plastics are being 'employed on an increasing scale in the manufacture of food containers, as inner linings in cans¹⁰ and as wrappings and coating materials¹⁰ of foodstuffs, including sausage-casings which are apt to be eaten."¹⁰

"Dangers in Hormones

"One of the most shocking chapters dealing with the ineptitude of the Food and Drug Administration to protect our health covers the use of female sex hormones."¹¹

"These hormones¹¹ or estrogens¹¹ are chemicals used to speed up the fattening of fowl, hogs, cattle and sheep. The hormones are given to animals either in the form of pellets implanted under the skin¹² or added to the feed.

"Estrogens are recognized carcinogens for several species causing, upon prolonged administration, cancer of the breast, uterus, bladder and tissues, [usually starting as tumors].

"Practical experience has shown that farmers and poultry men do not always follow the instructions regulating the commercial use of the biologically highly potent substances.

"They do not always insert the pellets in parts of the

¹⁰ The only safety lies in refusing to buy any canned goods unless the cans are guaranteed to be *tin* lined, use no utensils unless tin or copper lined, iron or steel, and eat no such "en-cased" food.

¹¹ As frequently pointed out, *Stilbestrol* is the Toxic substance used. According to Endocrinologists, this is in no sense a *sex hormone*. It is a synthetic chemical product known to every experienced Endocrinologist as a producer of tumors of the breast and womb when carelessly prescribed by inexperienced physicians, and the results not carefully watched.

¹² This is the *Inunction method* spoken of by Bertrand Russell and advocated by that inhuman Russian agent, Ana Pauker, now almost universally employed by poultrymen.

animal's neck which are usually discarded, but in parts which are eaten. They implant more than one pellet of 15 mg. of estrogenic chemical, and sell their animals for human consumption before the safety period [if there were any such thing] of six weeks following transplantation has elapsed.

"Meanwhile the general public continues to eat meat which contains dangerous sex pellets [toxic chemical pellets, not *actual sex pellets*]. You must remember that over 100,000,000 broilers are estrogen [Toxic substance] fed as well as 50 per cent of beef cattle [food animals]. Dr. Christian Hamburger of Copenhagen who, if anyone, should be fully informed on the subject, warns against the use of such chemicals.

"The Danish doctor said that some male scientists doing laboratory work with female hormones developed womanly breasts, LOST THEIR BEARDS AND BECAME IMPOTENT. All the effects were caused by (just) breathing in tiny particles of female hormones.

"In (America) Dr. Robert E. Endres, professor of Zoology at Swarthmore College, said that 'any use of hormones to fatten food animals is against the public interest.'

" 'Dr. Hueper, shocked by what he *knew*, said:

" 'It is rather remarkable that biologically potent chemicals, which are obtainable for medical purposes only by licensed physicians, can be used freely in large quantity (there is *no* supervision) by individuals without any proper training of the potential health hazards. Especially since such practices are difficult (impossible) to control adequately on a nation-wide basis in foodstuffs, handled by thousands of individual producers'."—*Emphasis and interpolations throughout, ours.*

CHAPTER ONE

Section Two

Additives Kill a Million Dollars Worth of Chickens How Many of These Diseased Chickens Did You Eat?

"Truth crushed to earth will rise again" is an old proverb. In the present instance, this version should be: Truth hidden or denied will reveal itself. This has special reference to the fact that it has been vehemently denied that additives are injurious. On the contrary, it has been claimed time and again that they are beneficial to animals fed with them, and have no effect on those consuming the meat.

Our reference is to a news item published in *The Washington Post* and *Times Herald*, April 30, 1958, under the heading:

"Costly Chicken Losses Told by Food Officials"

"Reported by Jerry Laudauer, Staff Reporter

"An epidemic caused by mixing black tar with poultry feed cost the Maryland and Virginia broiler industry nearly \$1 million from October, 1957, to February, 1958, Federal Food and Drug Commissioner George P. Larrick said yesterday.

"Larrick made the disclosure after an address to the Animal Health Institute at the Shoreham, in which he appealed for legislation to plug loopholes¹ in the Food, Drug and Cosmetics Act.

¹ It is seldom, indeed, that officials will admit either that the public is in need of protection against food adulteration, or that such additives are harmful to animal or man. Here we have a frank statement that such protection is necessary to the welfare of the people who consume the meats of animals fed with Toxic substances.

" 'The Law seriously fails² to give you, or the grower, or the ultimate consumer of MEATS and POULTRY² the protection you deserve,' he said.

" 'The law does *not* require any feed additives *except new drugs and antibiotics to be tested for safety before feeding the animals*'³ he said. NEITHER DOES IT REQUIRE TESTING ADDITIVES TO HUMAN FOOD.

"A law requiring proper testing of animal feeds, Larrick said, would have avoided the epidemic which felled 'several million chickens'⁴ in 10 states.

These are the revised figures of the probable number of chickens treated with the synthetic Toxic substance. The poultrymen were elated with the results and the added profit, but were unprepared for what followed. In less than three months after the first edition of AGE OF TREASON was published, re-

²An admission of two things of vital importance to the public. *First*: that the laws at present are wholly inadequate for the protection of the public, and the control of feed adulterated with Toxic substances. This statement should convince the public who have sneered at those who claimed harmful additives were used, believing as they did, *that the food and drug act protected them*. *Secondly*: that not only poultry, *but all meats as well, need controlling legislation*. It is not cranks, fools and charlatans who make this claim, but finally the authorities themselves.

³ This should warn the consumer of poultry and meats, that the additives to the feed has *not* been proven unharmed and that *they, the consumers, take the risk*. This is again *not* the opinion of agitators, but the statement of an official of authority in the Food and Drug Administration.

⁴ In this instance, poultrymen have no one to blame but themselves for their loss. Any six-year-old boy raised on the farm could have told them that *black tar* is *not* a proper food for chickens. In fact, has no actual food value such as grain, or greens, the natural food of fowl of every type. Any additive is a *foreign substance that may poison but does not nourish*.

ports were beginning to be received from various parts of the country of a *mysterious sickness* which was killing millions of chickens in various parts of the country. "Chickens were beginning to come home to roost," profits beginning to turn into loss.

Profit being the motive for the use of this Toxic substance with no consideration of the welfare of the people, we are not concerned with the loss to the poultrymen, but there is a question of mighty importance to the people who consumed, still consume, chickens so treated: HOW MANY HUNDREDS OF THOUSANDS OF CHICKENS SO TREATED AND BEGINNING TO BE AFFLICTED, PERHAPS UNKNOWN TO THE POULTRYMEN, WERE KILLED AND SOLD TO THE PUBLIC? WHAT EFFECT DID THESE POISONS: STILBESTROL, COAL TAR AND OTHER ADDITIVES AND DISEASE, HAVE ON THE MEN, WOMEN AND CHILDREN WHO CONSUMED THEM? Whatever the results to the people, the "dance goes merrily on" and there is no apparent let-up on the use of such substance except perhaps by the poultrymen in the many States who suffered monetary losses.

" 'The winter epidemic,' he said, 'was caused by poison in the form of black tar accumulated' by a manufacturer of glycerin and fatty acids. The tar was sold to a chemical company, where it was mixed with normal fat and sold to a number of large feed firms.

"Following his address, Larrick said he understood Maryland broiler raisers along the Eastern Shore lost \$500,000 in the epidemic. Virginia growers were equally hard hit, he said.

"Larrick said it was not known yet whether any consumers of the sick broilers had been affected⁵, but a

⁵ This is a superficial conclusion. It is more than probable that all but a few of the chickens that survived were shipped outside of the producing centers. In order to be positive that no sickness was caused by the consuming of them, it would be

spokesman for the Maryland State Board of Agriculture said no illnesses in that state were traced to the stricken broilers.⁵

"The Maryland spokesman described Larrick's \$500,000 loss figure as 'very, very low'."—*Emphasis ours.*

Chickens, Guaranteed Fresh

At the time the material for the first edition of THE AGE OF TREASON was published, the buyers of fowl for food were confronted with only one grave evil: *Stilbestrol*. Now there are numerous preservatives to be considered. Among the latest is something called "acronizing." The New York Herald Tribune, January 20, 1958, under the heading:

"Food Briefs: Bites and Bits, Subject: *Guaranteed Fresh*

"About half the chickens sold today bearing the 'acronized' label are small cut-up broiler fryers, all ready for use in a favorite recipe. The pieces come sanitarily pre-packaged in a bag easy-to-store until cooking time.

"What does acronized mean? To acronize is to retard bacterial growth, a major step in getting perishable foods to the consumer before they begin to deteriorate and so lose their 'really fresh taste.'⁶ Minute quantities of acro-

necessary to trace the shipments and then consult with those who bought and consumed them.

Even though this were done it might be found that many who consumed them became ill, but, was such illness the result of eating the diseased chickens, or might it have happened anyway? This will never be known. The question is: *Did you, the reader, or your family, indulge in this diseased food?*

⁶ The person who mailed us this item for an opinion has posed the question: What has become of refrigeration? Has this method for keeping food fresh, failed all of a sudden? Is there some other, perhaps sinister reason, for such methods? What is the answer? To say that it keeps chickens or another food "fresh" is not a sufficient answer. What is the process that is

nize, derived from the antibiotic aureomycin,⁷ is added to fresh-killed poultry in processing plants. The small amount of acronize remaining on the poultry after processing is destroyed in cooking.⁸ The flavor of acronized chicken is no different than other fresh birds.

capable of doing this, if it is not a form of "inoculation" or adulteration?

⁷ "Aureomycin is a Toxic chemical substance that even experienced chemists handle with the greatest care in their practice, and will not prescribe it unless it is clearly indicated in an illness and stop its use immediately after the symptoms no longer indicate its use. No physician would agree to mass medication and what is this but mass medication on an enormous scale by men who know nothing about the dangers of such Toxic drugs. Why must physicians have a license to prescribe it, while processors are free to obtain and use it on food that will be fed to the youngest children?

⁸ It is doubtful if physicians, certainly not dieticians and nutritionists, will agree that the drug, being a chemical and therefore inorganic, is eliminated by cooking. Even suppose it is by careful preparation, what of the millions of (slip-shot) people who give little or no attention to the preparation of their food?

Has "acronize" been tested? Will the processors guarantee that it will not have deleterious effect on the consumer? Refer to previous sections as to what has happened, and will happen time and again until there are protective laws which will *not* permit additives or preservatives to be used until *after* the manufacturers and processors have proven the substance used to be absolutely harmless.

The questioner asks: Is there any protection? *There is. Do not buy any fowl that bears a label of any preservative used.* Buy your fowl from dealers you know to be honest and who would tell you if any additives or preservatives were used. At the moment the *New York Herald Tribune* printed the item, the New York Legislature was attempting to pass a protective food bill, admitting that the people are becoming "food conscious" and beginning to refuse to buy any food other than such as naturally processed, demanding protective Laws.

CHAPTER ONE

Section Three

Adulterated Foods in Restaurants

Perhaps the spot most sensitive in the processing and preparation of food for consumption by the public, are the restaurants.

It is estimated that more than two-thirds of the working people in America eat in restaurants. Comparatively few of them give any thought to the food they consume so long as it appeals to the taste. Few are aware of how greatly the foods are adulterated with additives and preservatives, or how it is prepared.

It is said that it requires a brave or a foolish person to expose the adulteration of foods by the processors. It is certain that it requires even more self-assurance to deal frankly with the preparation of foods as served in restaurants. *The National Police Gazette*, April 1958, "entered where angels fear to tread," and our quotations are from that magazine's article:

"HOW RESTAURANTS POISON YOUR FOODS

"By George McGrath

"That Tasty Hamburger, French Fries, Even Milk May Contain Hidden Killers

"When you go to your favorite restaurant and sit down to a juicy steak, French fries, and a refreshing glass of milk, you may be doing your stomach more harm than good.

"There are probably hidden killers in that food.

"Many profit-hungry restaurants in America today

¹ To be fair and just in our conclusions and judgments, this statement should be modified. It is entirely possible that

are getting away with murder¹ and you could be the victim.

"Because of lax food and drug laws² these restaurants are recklessly serving dangerous chemical preservatives in their foods—and some of those chemicals can kill you.

"An embalming liquid, a photographic developing fluid, a deadly soldering chemical and an anti-freeze solution are just a few of the poisons you may be served when you order your meat and vegetables, or an innocent looking glass of milk, in a public eating place.

"The wholesale adulteration of food in America today is destroying the nation's health. Deaths may be attributed to cancer, bleeding ulcers or cirrhosis of the liver—but the real cause is the accumulation of poisons in the food we eat.

"Restaurants where food is treated with chemicals

many of those engaged in the restaurant business, or in the preparation of food for the public, actually are not *aware* of the additives and preservatives in the food they serve, and have no knowledge of health cookery; simply following a routine they have been taught, under the impression: "It was good enough for my fathers, it must be good enough for those now to be served."

² Up to the present time, legislation for the control of the preparation of food, and the additives made use of, has been so worded that any attempt in the enforcement of such Laws has served no good purpose, for the reason that the Government has had to prove that the additives and preservatives so universally used in the processing of foods and drinks *are detrimental*. Until that has been done, the processors may continue to use them without being held responsible. The people who consume these foods become the victims, *whether this leads to cancer, the various forms of muscular dystrophies or mental deterioration*. "Let the buyer beware" should be printed on all labels of foods not guaranteed pure by the producers or processors.

to prevent spoiling are responsible for many cases of sickness and even deaths.³

"Unscrupulous restaurateurs are able to get away with this flagrant misuse of Toxic additives because in some states there are no laws to regulate the handling of food.

"Federal Food and Drug Administration laws only cover interstate shipments of food, but restaurants are regulated by local and state authorities.

"This leaves the public at the mercy of restaurant owners who take advantage of ineffective regulations, and corrupt local authorities. Often there are no controls at all.

Embalming Fluid in Food

"Although the Food and Drug Administration has outlawed the use of FORMALDEHYDE it is still widely used in restaurants where there are no local regulations to enforce the ban.

"Formaldehyde⁴ is an embalming fluid. Taken internally, this chemical is extremely irritating to mucous membranes that line the stomach and intestines, and can

³ If the purchasers of package foods were to make it a practice to examine the labels of such foods they would be astonished at the number of preservatives used.

The majority of children are served one or the other of the many breakfast foods. Their immature system is extremely sensitive to everything in foods detrimental to the normal development of mind and body. Many of these preservatives interfere with digestion and assimilation. This may bring about malnutrition and the improper functioning of the vital organs. Should anyone wonder *why* so many children become afflicted with polio and the various other muscular and mental diseases?

⁴ This has been dealt with in former sections of this *Chapter*.

cause internal bleeding, suppressed urine, dizziness and coma.

"But although formaldehyde may be deadly to your health it can save restaurateurs money by preserving milk and other foods from deteriorating.

"Whether through ignorance of the harm it can cause, or from a ruthless profit motive, it is a fact that in many restaurants this embalming fluid is added to breakfast cereals in order to keep them "fresh" for several days.

"There is another aspect of this shameful adulteration of food sold in restaurants, and in this case dairy producers are the culprits.

"Formadehyde is added to inferior milk to conceal its poor quality, and to preserve it when it is sold in bulk.

"Because they know that the milk will be stored for several days, many dairymen add the chemical to milk sold to restaurants.

"Milk treated with formaldehyde is also sold to ice cream manufacturers, who in turn sell their adulterated produce to restaurants where it remains 'fresh' for long periods.

So if you and your family eat in restaurants where there is no responsible supervision, you may be dosed with formaldehyde in cereals, milk and ice cream.⁵

"This is only one of the dangerous chemicals that you expose your family to when you take them out to dine.

⁵ All who have become "health conscious," especially parents, should heed the warning: "Let the buyer beware," and not permit their children to drink milk, or eat cereals (these are now nearly all to be had in individual packages) without first examining the labels. In doing so many doctor bills might be saved, not to mention the long hours of worry when avoidable sickness strikes.

"The reckless use of BENZOATE OF SODA⁶ is another facet of this deplorable food scandal.

"Medical authorities warn that this chemical can "cause nausea and it has been reported fatal in a sensitive individual.

"But although it contains dangerous Toxic properties, the Food and Drug Administration permits the use of benzoate of soda in the interstate food industry, limiting the amount to not more than one part in 1,000.⁷

"However, it is an alarming fact that many state and local health authorities⁸ have given restaurant owners a free hand in the use of this chemical.

The Dangerous Chemicals

"In some restaurants, this is what happens:

"Sacks of potatoes are peeled and sliced and put into large barrels of water, in preparation for French fries the moment an order is placed. Sometimes enough potatoes are prepared to last two or three days.

"To keep the potatoes from turning black and spoil-

⁶ This is an adulterant almost universally employed in practically all but the best restaurants. It is used in making mashed potatoes and in almost all fresh (?) vegetables, especially those it will "freshen" up. In almost all instances, the taste is readily recognized. The safest method to pursue is to order only baked potatoes instead of mashed or French fries, and to sidestep all boiled vegetables and order salads instead. Stale vegetables are quickly recognized when served as salads.

⁷ The smallest amount is undesirable. Its harmfulness is not as quickly manifest in physical ailments as interference with digestion. *Think of the logic!* Interstate it may be harmful, possible even dangerous to health, but in your own state!!!!

⁸ Such health authorities are, from an actual health standpoint, recreant to their duties and, responsibilities to their constituents.

ing, large doses of benzoate of soda are added.⁹

"The same process is followed in the preparation of other fresh vegetables. Many big restaurants work days ahead, and to keep peas, turnips, spinach and other vegetables deceptively 'fresh' they are soaked in this Toxic preservative.⁹

"So, if you unwittingly go into a restaurant which uses these chemical preservatives, you may consume large doses of benzoate of soda in various dishes at one sitting.¹⁰

"Most state administrators admit that, as their laws now stand, supervision of restaurants and the food industry is haphazard or non-existent. Many states have no staffs or laboratory equipment to test the food or to prevent the poisoning of the public.

"Some of the disgraceful aspects of the nation's food scandal were brought out when Congressman John J. Delaney¹¹ of New York, conducted his House probe into the use of chemical additives in food.

"Health officials voiced dissatisfaction with the laws in their state and urged speedy action on new regulations to cover restaurants and the whole food industry.

⁹ The wise diner will order baked potatoes. If these cannot be had, then a legume such as lima beans, or a vegetable salad.

¹⁰ Even if we accepted the idea of a "permitted" amount, when consumed in a number of foods at the same meal, as it often is, it distributes digestion and assimilation, interferes with the proper functioning of the vital organs, and frequently results in the beginning of an illness which may become permanent.

¹¹ A repeat: As will be noted through the text, Congressman Delaney prepared a protective bill, but up to the present moment the profit interests have been too strong to permit the passage of the Bill and though the people are awakening to their danger, they have been lax in their demands to their Congressmen and Senators to legislate such a measure into Law. This, we fervently hope, will shortly be corrected.

"The director of the Arizona Department of Health reported:

" 'Actually we have no program of lack of funds or facilities and certainly we have no research.¹² Our pure food laws need revamping and must be brought up to date.¹³ However, without additional facilities such laws are of no use.'

"The director of health of West Virginia bluntly admitted:

" 'While the state law prohibits the introduction of chemicals into foods, the amount of food control work done in the state is very limited and the addition of adulterants, preservatives, etc., in many cases go undetected.'¹⁴

"A health official in Mississippi made the shocking admission:

" 'Mississippi has no modern food, drug and cosmetics act. Our old statute . . . was fashioned after the federal act of 1906. No money was appropriated for the enforcement of this act in Mississippi for many, many years.'

¹² There are no funds for the purpose of protecting the men, women and children of America from the dangers of becoming victims of the most vicious of diseases, but there are billions made available by our Senators and Congressmen to donate to the drones of decadent nations. Is this reasonable? Is it sensible? Is it a sane procedure? Who is at fault? *The people who vote men into office to represent their interests, but make little or no effort to make certain they fulfil their sacred duty.*

¹³ A frank admission by a Health Department of the vital need for protective legislation.

¹⁴ An admission that West Virginia does have protective laws. Though perhaps weak, they are not enforced. Evidence that officials are recreant in their duties.

"From these statements it is obvious that the public is at the mercy of the food industry.¹⁵

"Even the meat you eat is not always safe. A few restaurants, out for a quick dollar, buy the cheapest meat, and then dress it up to look like the best.

Disease Creative Additives

"For this purpose the meat is treated with ASAFTIDA.¹⁶ This chemical will give your meat a tangy taste—but medicinally it is used as a sedative in hysteria and to cure spasms.

"Here are a few preservatives that are used in meats:

"HYDROQUINONE—Used as an antioxidant, it is so poisonous it can cause nausea, vomiting, sense of suffocation, shortness of breath, coma and death. Industrially this substance is used as a photographic reducer and developer.

"BORATES—These derivatives of the sodium of borate family, used industrially for soldering metals and fire-proofing fabrics and wood, are extremely dangerous and a 15 to 30 gram dose of the chemical can cause death.

"These chemicals, consumed in small doses, have no immediate effect—but over a period of time they have a cumulative effect upon the human body.

Link to Cancer

"The build-up of chemicals in the system begins damage that is reflected in the increasing cases of heart

¹⁵ A frank statement that the proponents for restrictive legislation would hesitate to make for fear of either libel suits, or accused of *being maladjusted—mentally ill*, and in danger of the mad house.

¹⁶ This is one of the less dangerous additives. It has long been used in medicine in the treatment of digestive disturbances—in the relief of ailments *already existing*—under the supervision of the physician.

attacks, ulcers and cancer taking toll of the American public.

"The only precaution you can take is to be alert. You must be sure of the reputation and integrity of the restaurant in which you eat.¹⁷ If you are traveling check the state regulations on food and sanitation. You can't afford to be too careful.

"And you must keep on guard. It is imperative that the public demand action from state and local officials for the necessary safeguards.

¹⁷ There is another and a safe way for the millions of workers who eat their lunch in restaurants and who cannot afford to patronize the more expensive restaurants with excellent reputations.

Those who have more or less investigated the problem, and decided to follow protective measures, invested in a small lunch carrier, a covered dish with smaller covered dish in the larger and a pint thermos bottle. In the morning, before leaving for work, they prepare a fresh vegetable salad, changing from day to day. This is placed in the larger covered dish. In the smaller, they place a salad dressing of cottage cheese (unadulterated) made into a thin paste with either sweet or sour cream. This dressing is *not* added until time of consuming, otherwise the salad would become soggy.

The thermos bottle is for the purpose of either a hot soup of choice, or milk. Usually this is changed from day to day for variety. Such a lunch guarantees all of the necessary elements: protein, vitamins and minerals, for health, vitality and strength, and at a cost less than lunch in even the cheapest restaurant.

When a change, or a greater amount of protein is desired, then there may be added: egg custard made with eggs and milk, natural sugar and desired flavoring; or, rice pudding made with brown rice, milk, natural sugar and flavoring; or, a gelatin made with Knox gelatin, and flavoring. All flavors must be *natural*, *not* synthetic.

CHAPTER ONE

Section Four

The Public's Reaction to the Non-Publication of Dr. W. C. Hueper's Report

That the people's resentment was aroused after they read the exposures made in the Police Gazette, and our widely circulated booklet: CANCER, THE DESTROYER, is clearly apparent by the fact that newspapers which generally fight shy of all such matters, are calling attention to it, is a clear indication of this resentment.

Having circulated Dr. Hueper's report throughout the United States and receiving many letters commending us for doing so, with the request for further information, we feel it a duty on our part to include at least one of the items which appeared in the *Allentown Morning Call*, April 19, 1958, under the heading:

"Medical Information Restriction

"CANCER PAPER SUPPRESSION CHECKED

"Washington, (AP) — House investigators are checking to determine whether a government scientist's paper on cancer hazards in consumer good was suppressed for nonscientific reasons.¹

¹ Even if there had been scientific reasons — whatever that might mean to the people, is it to be taken for granted that the *American public has become so moronic* — something ardently hoped for by the enemies of the people — *that it is no longer to be trusted with facts that are of utmost concern to them? Has the public become so mentally weak that it is to be entrusted by its government only with good news* — if there is any — *relative to the grave dangers of food adulteration with Toxic and cancer producing substances?*

Are the American people really to be considered in their

"Rep. Moss (D.Calif.), chairman of the Government Information subcommittee, wrote Secretary of Health, Education and Welfare Folsome about "a restriction on medical information" which Moss said was imposed against cancer specialist William C. Hueper.²

"Moss and the surgeon general's office denied publication of a Hueper document after an edict by Dr. James A. Shannon, director of the National Institute of Health, against spreading "inflammatory" opinions.³

"The congressman also quoted the deputy commissioner of the Food and Drug Administration, as voicing concern that a scientific paper might be used by newsmen⁴ 'to confuse and alarm the consuming public. . . .'⁵

dotage — except when voting its "servants" into office — so that they must be fed "pap" instead of "strong meat?" If so, then why not label poisons as "soothing syrup" and avoid shocking their sensibilities? Is this not being done by officials relative to the poisons and cancer creating additives in the foods they consume? The people want the answer. If they did not, would the House of Representatives undertake an investigation? Would newspapers publish the item?

² In our various publications, even when quoting other writers and published reports, we most carefully avoided making such a charge against the Pure Food and Drug Administration, or against any of its officials. The charge having been made openly and as openly published, there is no further need of such hesitation, nevertheless, in harmony with our policy, we will continue to avoid being personal.

³ Has it at last come to pass that anything which is unsavory, though of utmost importance to the people, is to be considered as "inflammatory" by certain public officials? If so, is this not an "iron curtain" such as exists in certain other countries?

⁴ What of the much vaunted "free press"? Are newsmen no longer considered possessed of good judgment as to whether or not information which concerns the public *should be released to*

"Harvey interpreted Hueper's paper as a criticism of FDA, Moss said.

"Moss wrote to Folsom because the latter is head of the various health agencies. Moss asked in a March 31 letter made available Wednesday:

" 'Is the department's policy to suppress scientific information which may reflect adversely on past activities of the department?

"Does the department sanction the apparent feelings of Dr. Shannon that if a paper is controversial it should be suppressed?⁶

"Folsom was out of town, but his department issued a statement:

"The department encourages and stimulates the full

their readers. Is this not an "iron curtain" over newspapers? Does it not class them as moronic as the mass? Is the press no longer to possess any freedom of what news is "fit to print?" If not, why should the public buy and read newspapers?

⁵ Under this theory, if there is unsavory news, even though it is of the utmost importance to the people *in order that they may protect themselves, it must not be released to them. The public must, by every means possible, be kept in the dark.* If ignorance is bliss, though it means death, why convey knowledge?

⁶ Can any subject be considered as "controversial" if it is concerned with the welfare of the people? Is it not the duty of all public officials to convey a warning to the people if there is *even a possibility of danger to them, even though such danger may not be generally realized?* If we are aware that a friend is in danger of his life and fail to warn him, are *we not traitors to him?* Knowing of such a danger, should we "pat him on the back" and utter platitudes instead of making an effort to save him? We feel that Dr. Hueper's sole intent was to warn the people of their danger. We repeat the question asked by many: "Is the public to be kept in ignorance instead of being warned of the possibility of danger?"

and free flow of scientific information, for this is the life blood of scientific research.

"As a member of the staff of the National Cancer Institute, Dr. Hueper's scientific observations and opinions have been published widely, including 34 papers during the past three years.⁷

"The particular paper cited, however, was found by the scientific Editorial Committee of the National Cancer Institute not to warrant publication on the basis of its scientific merits.⁸

" 'Policy considerations, including the views of other agencies such as the Food and Drug Administration, were not a factor in this determination.'

"At issue is a lengthy paper by Hueper on consumer goods and cancer hazards. Hueper had asked clearance of the document for publication last year.

"The paper went into a long list of chemical and physical agents found in food and elsewhere. Hueper said 'some may create cancer hazards to the general population'."

This subject has been more fully dealt with in the several chapters on the subject and conclusions based on the opinion of experiences by physicians who have made the subject their life work.

⁷ If this is true, why all the controversy about a "suppressed" report? Why is there need of a Congressional investigation? Is such a report (uncensored) to be had by the public? Is there not a contradiction in the next paragraph?

⁸ Every statement made in footnote¹ of this chapter is pertinent here. Is the public to be kept in the dark even though the information is vital to their welfare?

CHAPTER ONE

Section Five

Additives in Food Considered by Authorities to Be Causative of Cancer, The Destroyer

In the February 1958 issue of the magazine CONSUMER, there appeared an article on HOW SAFE ARE CHEMICALS IN OUR FOOD. Rather than giving our opinion on the subject we quote therefrom, adding the results of our investigation and observations in comments and footnotes.

In our booklet CANCER, THE DESTROYER, now Chapter Two of this volume, we used a considerable portion of an article printed in the January issue of CONSUMER. We, and the statements quoted have been severely criticized. We *et al*, have been called crackpots and doughheads. Then, in another paragraph by these critics, it was admitted that *there may be poison dyes in foods, but not in the proportion we mentioned*. They wholly forgot the fact that anything, especially if both PROFITABLE AND UNCONTROLLED, is CERTAIN TO BE ABUSED.

This one statement, THAT THERE MAY BE POISON DYES IN FOODS completely vindicates "crackpots" and "doughheads," especially when it is, as it should be, borne in mind, that *in every instance we* make an effort to accept the opinions of the experienced physician, and not only state positively that he, as a physician, has the right, in fact, is morally bound to use many of the Toxic substances in his practice, because each individual case is under his direct supervision. That his experience indicates to him when such agents should be discontinued. THAT THE LAITY HAS NO SUCH RIGHT, AND MORALLY, SHOULD BE CONSIDERED CRIMINALLY GUILTY IF HARM RESULTS FROM THE USE OF TOXIC SUBSTANCES.

When using these Toxic agents in the feeding of livestock it is a continuous procedure, and the ingestion of these agents in food is both continuous and accumulative. This statement

may be a repetition, but is made necessary by the fact of criticism by some physicians who feel we accuse *them* of misuse, which is *not true in any instance. It is further to be remembered* that in most instances when we quote writers, we modify statements made by them to avoid accusing any one personally; our purpose being to convey information which we feel based on *truth*.

"The problem of chemicals in food is the problem of [preventing] potential chronic, Toxic and carcinogenic effects on human beings from the hundreds of chemicals consumed in common foodstuffs [and having their effects throughout life.] True, the prevention of cancer in humans requires a comprehensive attack on all possible carcinogens in modern man's environment—from polluted atmosphere and water, occupational exposures, heavy cigarette smoking and [over exposure or too frequent exposure] X-Rays—as well as an attack on whatever carcinogens be present in our daily foods.

All of these causes for developing cancer are occurrences. One MOST important item, probably more so than all others as indicated by immediate present experiments, is the denaturing of food, laying the system wide open to the effects of these enemies. It is now becoming an accepted fact by physicians making experiments, that generally cancer can make its onslaught only if there are cells in the body which are not properly and fully fed—that is, if the system does not receive the vital elements in the food ingested, these more especially including organic Vitamin E, Vitamin B-12, Vitamin C *Complex*, together with sufficient bile extracts—if the liver is not sufficiently active, it being believed that bile is essential to the proper use by the system of Vitamin C.

Furthermore, that even where cancer has already made an inroad, vital substances may stop the invasion and neutralize it. This statement will no doubt be questioned, possibly called the dream of a "crackpot," nevertheless, we are so informed by

physicians of unquestionable experience and reputation: Moreover, one thing is certain. NOT ONE OF THESE VITAL AGENTS CAN BE HARMFUL TO THE SYSTEM.

"CU has reported on these . . . problems throughout the years and up to the present. As for chemical additives, leading psychologists and cancer investigators have for years warned about their possible long term effects. The American Medical Association, the American Public Health Association, and the American Cancer Society, have urged Congress repeatedly to amend food and drug laws to require proof of safety for chemicals used in food.¹

Admitting that such Toxic substances are used and wholly unguarded and uncontrolled, by perhaps hundreds of producers and processors, many of them hungry for profits, who is to control the amount of Toxic substances and additives used. Certainly no one will deny that any substances that can be used to increase profits and sales will be abused.

"The International Union Against Cancer . . . Organization . . . ² representing the pooled knowledge

¹ Now that a concerted nationwide incited effort is being made, will these Societies actually and actively encourage Congress to pass stringent and workable Laws? How many of the nation's physicians are still of the opinion that the fight against additives is made only by crackpots and doughheads? In a letter from a physician in active practice, received the day this is written, and after calling of names, accusations and condemnation, he lays himself wide open by concluding his letter:

"I do not deny there may be poison dyes in foods, but not in the proportion you mention." Admitting the main contention but denying the findings of trained investigators.

² Refer to Chapter One, *First Section*, present volume.

and experience of many nations, also have warned of the actual and potential hazards in chemical additives.

"The problem of the safety of additives involves both old and new chemicals. More than three years ago, Dr. Franklin C. Bing,³ chairman of the American Public Health Association's Committee on Chemicals Introduced in Foods, warned:

" 'In my opinion . . . the maintenance of the integrity of foods involves not only consideration of new chemical additives but . . . also requires a re-examination of some of the ingredients commonly used in foods for years. In 1953, THE MANUFACTURERS OF COUMARIN, A FLAVORING AGENT WIDELY USED IN BEVERAGES, ICE CREAM AND MANY FOODS, DISCOVERED THAT IT CAUSED SERIOUS LIVER DAMAGES TO ANIMALS [when used] IN QUANTITIES COMPARABLE TO WHAT MAY OCCUR IN THE HUMAN DIET.⁴ To their credit as responsible producers of ingredients that go to almost every home in the land, they decided to withdraw *coumarin* from the market for food use . . . and requested the FDA to endorse their action.⁵ The fact that *coumarin* had been used in foods

³ Will these critics claim that Dr. Bing belongs to the group they call "the lowest crackpot . . . and unscientific doughheads?" If so, we feel highly honored by being one of them.

⁴ Who is there to say how many thousands, perhaps millions, became afflicted with serious liver affliction during these 75 years? How many millions of children who drank the soft drinks, and ate the ice cream so adulterated, became afflicted with liver ailment which cut short their lives in their youth? Might this not well be called manslaughter? What of those who admit that poisons are in foods, *but not in proportions claimed?*

⁵ The manufacturers of *coumarin* are certainly to be commended for withdrawing the substance when they became aware of what it was doing to humanity, but in all seriousness, *how*

for 75 years before this scientific fact was discovered, brings the disquieting thought that we may yet be only on the threshold of knowledge about the potentialities of chemical additives to our foods, the old as well as the new.' " ⁶

"... any legislative proposal to require pretesting of chemicals to be used, including the testing of those already in use, and to prohibit their use until fully tested, is of the utmost importance to the welfare of the people... in this connection, it is disquieting to read statements by FDA officials to the effect that the chemical additives currently in use pretty well may be *assumed safe*⁷ because foods containing them have been eaten for many years without evidence that they have caused cancer in man.⁸

"... Cancer experts emphasize that the absence of incriminating evidence is *not* a guarantee that a suspected

many other manufacturers are doing likewise, and how many such substances are now used in foods to later become known as active Toxic agents?

⁶ Who is to expose the use of these Toxic substances and dangerous additives but crackpots and doughheads?

⁷ Was it not assumed for 75 years of disease dealing that *coumarin was pretty safe*? Who did the suffering? Was it not the mass sacrifice to the *profits made by the comparative few*?

What would be the thought of the physician who assumed that the medicines he prescribed were safe, and continued to prescribe them without checking on the results of his treatment? Fortunately, no responsible, experienced physician would do so.

⁸ Cancer is not the *only* killing disease. At the worst, cancer victims suffer for only a comparatively short time, while there are many other chemically induced diseases which incapacitate the victim to years of unproductiveness, and often extreme suffering, both a burden and expense to the family or to the state.

chemical is safe.⁹ Dr. W. C. Hueper,¹⁰ a world renowned expert on environmental cancer, in a discussion by a scientific panel on chemical additives held last summer before the Sub-committee on Health and Science on Interstate and Foreign Commerce, had this to say:

"The observations and considerations so far presented provide adequate justification for subjecting *all* presently used and permitted food additives and contaminants to . . . screening procedures by experimental methods for carcinogenic properties.'

NEW DRUGS – NOT QUOTED VERBATIM

In the case of a new drug about which there may be a question, if prescribed by a physician of standing and reputation, the patient may be willing to take a *calculated* risk, and take it because the drug's possible preventive, curative or relieving effects outweigh the possible Toxic side-effects. Also, there is the consideration that the drug will be taken for a relative short time and under the watchful eye of the prescribing physician. But chemical agent additives may be taken during a lifetime, *without any supervision whatever*, and offering no benefits whatever to the consumer. (a)

⁹ There is but *one* simple and single method for preventing becoming the victim of Toxic substances and additive poisons: *Not* to purchase or consume foods until after examination has proven it to be free from all adulteration. If the many will do this, producers and processors will quickly learn that it is *not* profitable to use such Toxic substances. There is much accumulating evidence that large groups, perhaps mostly of religious persuasion are associating themselves for the production of natural processed foods.

¹⁰ In a letter, one of the very few received from physicians, Dr. Hueper is classified in the same category as ourselves, and we feel our efforts are not entirely in vain.

In CU's opinion as a result of both research, reflection and tests, in consultation with physicians and health authorities, the principles to be incorporated in new legislation should include:

1. A chemical to be added to a food or to be employed in the packaging of a food, **MUST BE PROVED SAFE** from the standpoint of long-term as well as short-term Toxic, allergic and carcinogenic effects. **PRETESTING ESPECIALLY** for carcinogenic properties should be *specifically* made part of such a bill.

2. Substances or processes that produce *any* chemical in the food itself should be considered as chemical additives and *subject to proof of safety*. Thus, it **SHOULD BE MANDATORY THAT IONIZATING RADIATION**,¹¹ which is being suggested for sterilizing food, **MUST BE SUBJECTED TO EXTENSIVE AND PROLONGED PRETESTING PROCESSES.**

3. . . . the setting up by FDA of so-called **TOLERANCE** or stipulated **SAFE DOSES** (b) of potential carcinogens [the effects of which are cumulative, in a way in which toxic substances may not be], represents a practice which is wholly unjustifiable unless **THERE IS A GUARANTEE BY THE PROCESSORS OF COMPENSATION FOR ANY DAMAGE DONE TO THE CONSUMER.**

4. The so-called "grandfather clause," (c) by which additives "generally known [thought] to be safe" be exempt from testing, advocated by the processors, **SHOULD**

¹¹ Ionizing radiation *may* be one of the most dangerous processes yet thought of. It may destroy the vitalizing elements of food, or it *may* carry the death rays into the food. Under no circumstances should any one consume such foods until by long tests they have been proven to be harmless and wholly safe as foods.

RECEIVE NO CONSIDERATION WHATEVER except under THE SAME CONDITIONS AS TOLERANCE AND SAFE DOSES additives. . . . All additives [and Toxic Substances] already in use, whether approved or not approved by the FDA, should be made subject to appropriate testing. In view of the work required for this backlog effort and in fairness to processors of food, a reasonable time should be allowed manufacturers to meet the necessary safety clearance procedure.

5. The safety of any additive should not be based on its use in a single foodstuff, but also its presence in any foodstuff and all consumer goods. Any additive which is carcinogenic to man or animals when tested by any method, dose or route SHOULD NOT BE PERMITTED IN FOOD.

6. The proposed chemical should have nutritional value (d) for the consumer in addition to its intrinsic value to the manufacturer. This criterion should exclude all chemicals which merely serve *deceptive* [which are in fact, fraudulent], such as increasing bulk or altering consistency, color, flavor or other [enticing] quality, but of no value to the consumer.

7. In accordance with honest business procedure, the evidence to establish the safety and usefulness of a chemical of any nature must be provided by the processor. Disputed or doubtful problems should be referred to special committees. The cost of procedures necessary to be borne by the manufacturer or processor.

8. Although in accordance with true American procedure, there should be adequate provisions for appeals to the Courts due to an adverse governmental decision, the final authority of the safety of any Toxic substance or additive must rest with the decision of the technical ex-

perts, with the *proviso* that the user of any chemical or additive be held responsible for any harm resulting to the consumer.

Quotation marks are not used for the reason that quotations are not *verbatim*, but *full credit* is given to the CONSUMER. We are responsible for all *emphasis* and interpolations.

POSTSCRIPT

After the copy for the present volume had been placed into the hands of the printer and while we were on an 8000-mile trip through the mid-West, far West and South for the purpose of further investigation and consultations, we received the information that while the Delaney Bill favored by the public because it was for their protection, had received little or no consideration, another bill, known as the Harris Bill, had been passed and signed.

This bill was said to have been opposed by John W. Gwynne, Chairman of the Federal Trades Commission, by the Department of Justice, American Farm Bureau Federation, National Association of Consumer Organizations and others, because it favored processors of foods and offered little or no protection to the consumers.

The a. b. c. notes to follow, in addition to our footnotes, are considered essential to our concept of the contents of the article just quoted.

(a) That this point is well taken is indicated by a statement in a release by the U.S. Department of Health, Education, and Welfare, Food and Drug Administration, September 10, 1958:

"Mr. Fleming pointed out that the new amendment would have the effect of removing unnecessary restrictions on many useful chemicals which are *perfectly safe if properly used.*" — *Emphasis ours.*

This statement should have the most careful consideration of all consumers. It is little less than an excuse for the continued use of many additives *admittedly* detrimental to health in the statement indicated by the phrase: "IF PROPERLY USED."

Who is to stand guard over the many processors to see to it that *no more* than the permitted amount of such additives are added. Who is to watch over the consumers to see to it that they do not consume more than a proper proportion of such adulterated foods? When the physician prescribes an agent he is fully aware may be detrimental if too much is taken, or for too long a time, he is dealing with an individual AND NOT A MASS, and he is in constant touch with the patient (consumer), and able to stop the drug or chemical at a moment's notice. There is NO SUCH THING AS PERFECT SAFETY IF PROPERLY USED of any drug or chemical in the hands of the mass.

(b) This matter of *tolerance* and *safe* doses of any additive which is in itself dangerous to health in too large a proportion is a myth, and a dangerous one as far as the public is concerned. Who is to watch over the millions of consumers and tell them when they have consumed foods filled with additives to the point of tolerance and safety? If every one consumed the SAME AMOUNT of the SAME FOODS, then this might be possible. This doctrine/or concept of safety and tolerance is misleading and dangerous to the people's health and sanity.

(c) The "grandfather clause" is evident in the statement contained in the "release":

"For substances already in use prior to January 1, 1958, but which may not be generally recognized by experts as safe, industry will have eighteen months [note this] from the date of enactment of the law to present the necessary safety data, provided there is no evidence that the substance is unsafe."

This item of time is of extreme importance to the consumer for two reasons: First, in the meantime millions of

consumers will continue to ingest the many additives condemned as cancer and other incurable disease producers. *How many victims will there be as a result of this eighteen months indulgence?* Secondly, because in all past statements by the various authorities, it was made clear that it would take from two to seven years to definitely discover whether or not an additive was, or was not, disease creating; and, THAT THERE WAS NO MONEY AVAILABLE FOR THE PURPOSE OF SO VAST A SCALE OF TESTS AND INVESTIGATION. WHAT IS THE ANSWER? Is it that the consumers must console themselves as best they can and continue to ingest poisonous substances detrimental to their health and sanity until such time, God only knows when, such tests have been made.

Acceptance that there is such a thing as *tolerance* or a *safe dose* of any Toxic substance without ultimate physical, mental harm, is based on a dangerous delusion. *There is no such possibility of tolerance or safe dosage in a Toxic substance constantly ingested, and in many instances accumulating.*

(c) Experienced Dietitians and Nutritionists will agree THAT ANY CHEMICAL WHICH IS NOT OF THE NATURE OF THE BODY HAS NO NUTRITIONAL VALUE, HENCE HAS NO PLACE IN THE FOODS TO BE CONSUMED FOR THE NOURISHMENT OF THE BODY. Such agents may have value in medical practice BECAUSE THE PHYSICIAN DEALS WITH *abnormal* CONDITIONS TO BEGIN WITH, AND HE CONTINUES THEIR USE *only* UNTIL THE ABNORMAL CONDITION *has been removed or eliminated.*

WHEREIN DOES SAFETY LIE? In as far as humanly possible the people refuse to buy and consume adulterated foods.

Natural Preservatives

Broadly speaking, there are possibly only two natural preservatives (additives): Unrefined sugar and pure apple cider vinegar. Both are from *natural* sources, hence can be metabolized by the system.

Natural sugar — this includes honey — is the ideal preservative for fruit as well as to add taste to many foods. Natural vinegar is a preservative of vegetables and meats. It also serves a good purpose moderately used, on vegetable salads with oils as part of meals when protein foods are served, especially meats and seafood, helping to prevent intestinal putrifaction.

CHAPTER ONE

Section Six

The Food We Eat—The Manner in Which Processors Handle Food May be the Cause of Cancer, or Help Prevent It

The present section is devoted to an article that appeared in September, 1957 [after the publication of the first edition of *THE AGE OF TREASON*], *CONSUMER BULLETIN*, to whom we give full credit for quotations.

This article treats of the adulteration of food in a somewhat different than the usual manner, and for this reason is important to all seeking the truth in dealing with this vital subject.

"Food dyes¹ are in a special class. They are derived from a class of chemical² substances which from the periods of toxicological research were KNOWN to produce cancerous growths in dye-plant workers.³ Use of food dye [butter yellow], formerly widely used, was discontinued after it was found by investigators in Japan [not in the

¹ These dyes, though known to be Toxic, are employed far more extensively in the processing of foods, *more especially those consumed largely by children*, than generally known or believed. If you see a food colored, suspect the presence of one or more of these dyes *unless it is marked "fruit or vegetable coloring."*

² These dyes have absolutely no part in nutrition. They are neither metabolized, nor made use of by any part of the human body. Their sole purpose is appearance; might be compared to the beautiful coloring in the skin of the rattlesnake; perhaps more deadly.

³ Though *known* to be the cause of cancerous growth in *those merely handling them*, they continue to be used in coloring food products and drinks consumed by the millions, with deadly effect on the cells of the body.

U. S.]⁴ to produce malignant tumors in rats and mice. Several other food dyes used in candies, soft drinks, sausages, and the skin of oranges have been "de-certified"⁵ recently, because after many years they were discovered to have poisonous properties, and some others, FD&C Yellow Nos. 1, 2, 3, 4, are expected to be unless manufacturers prevent this by legal action or pressure on the food administration. Two of these are in extensive use to color butter and oleomargarine. A surprisingly large number of dyes thought to be entirely safe were found in recent years to have carcinogenic properties,⁶ when tested on rats and mice.

"The only practical solution for these grave problems is to prevent the contamination, beginning now, in 1957,"⁷

⁴ Canada, Germany especially, England and "heathen" Japan have either outlawed many of these additives or restricted their use. In free America — free at least in this one aspect — they continue to be used with practically no restriction.

⁵ Being "de-certified" may indicate that they are a *calculated risk*; those consuming food so adulterated, taking the risk.

⁶ The physician *must make certain that he is fully informed on the usefulness or danger of the drugs he prescribes, or is held accountable, but the processors of foods and drinks, use a "large number" thought to be safe, with no knowledge, and certainly little care as to whether or not they are safe.*

⁷ "To prevent the contamination, beginning now, in 1957." If the mass were awakened to the extent of the present day — 1957 — contamination, or adulteration of almost all of their processed foods, this prevention would not be such a herculean task. However, it is certain that less than five per cent are aware of the danger the additives in foods are to their health. While National legislation lags, various States are passing their own protective laws.

Word has just been received that the State of Washington, or its State Agriculture Department has banned the use of Sodium Benzoate as well as other chemical preservatives on fresh meats to color them.

with substances of unknown, untested, or uncertain safety, and to prevent the use of foods or in relation to foods of all materials that have been exposed to contaminating, Toxic or uncertain chemical substances.

"It is well to bear in mind that NOT A SINGLE ONE OF THE ACCEPTED dyes is known to have been SUFFICIENTLY STUDIED to satisfy the agreed criteria of safety set forth by an International Symposium held in Rome in August, 1956.⁸

"An important and ever-present possibility of cancer-causing substances in our foods is in the modifications produced in fatty materials by bonaceous matter produced on meats, fish and poultry that are grilled or roasted at too high temperatures or for too long a time, and on bread or biscuits which are browned excessively in toasting, or even baking.⁹ All cooking oils or butter if over-heated or browned by heat should be discarded, NEVER used. The beginning of cancer may be in an overheated frying pan.

"Dr. William E. Smith of Englewood, New Jersey, a well-qualified cancer researcher, has said: 'It is simply *not* in the public interest to expose consumers to the unforeseeable risks of a host of biologically foreign¹⁰ food additives that may provide eye-appeal or advertising values, but offer NO NUTRITIVE BENEFIT.' "

⁸ Despite this lack of study, and the necessary tests to prove whether or not any dye *really* is safe, they are being used with little or no restrictions, and against the opinion of the members of the International Symposium, whose opinion is fully quoted in another section of the present text.

⁹ The wise, careful housewife can prevent and avoid this danger by making certain that no food, however prepared, is overly browned. It is most wise to avoid, *whenever possible*, the preparation of food by frying. Boiling, baking and roasting are by far the better, and certainly safer methods to follow.

¹⁰ Agents not natural to the food for man as created or

Referring to the *cancer-inciting* drug diethylstilbestrol,¹¹ used in the artificial caponizing of poultry, he reports that marketed poultry contained per bird up to 342,000¹² times the amount of the sufficed, as a daily dose, to induce cancer in mice.

"Dr. Smith noted that a cancer causing dye formerly used in foods and drugs did not induce cancer in well-fed¹³ animals, but would induce cancer in animals on less adequate diets,¹⁴ and he observed that the purveyors of foods containing a carcinogenic substance cannot control the diet of those consuming their products.

"In one striking case which he [Dr. Smith] had brought to public attention, the Food and Drug Administration attempted to prevent contamination of food by a certain pesticide. A manufacturer of the chemical filed a petition asking that this substance be permitted to be present to a small extent in food materials on the ground that while tumors had been caused by the chemical in rats,

developed by Nature, and of no nutritive value, the digestive fluid having no power to digest it for metabolizing. Actually a "dead" substance in so far as nourishment is concerned, and wasting vital forces to eliminate it.

¹¹ Fully treated in the first section of Chapter One this volume.

¹² Ask your physician about the maximum dosage he dare prescribe with safety of this synthetic Toxic drug.

¹³ This is an indication that if the body is provided with *natural, undeitalized, unadulterated* foods containing *all* the necessary elements of minerals and vitamins in their *naturally* combined, *harmonious* state, the system is able to build up a resistance to *cancer, and other muscle, nerve and brain destroying* diseases.

¹⁴ This is true even in the feeding of animals. The food of animals so fed is superior as a vital food by an hundred fold.

the SUBSTANCE MIGHT BE SAFE¹⁵ if fed in smaller amounts.

"Accordingly the Food and Drug Administration issued an order tolerating residues of the insecticide in a large number of fruits and vegetables; it did, however, REQUIRE THAT NONE OF THE SUBSTANCE SHOULD BE PRESENT IN FORAGE TO BE CONSUMED BY ANIMALS. This, as Dr. Smith aptly remarks, the regulations mean that we consumers can be obliged to eat the cancer-causing substance, *but a cow—decidedly must not.*"¹⁶

"One of the major causes for the wide inclusion of chemical agents in today's foods has been the enormous popularity of foods which are ready-prepared, or require a minimum of preparation and processing in the kitchen."¹⁷

"Many cakes, cookies, candies and ready-prepared or ready to heat-and-serve foods would not exist, and remain

¹⁵ The theory of "calculated risk."

¹⁶ This is akin to the Law which punishes attempted suicide, but permits with impunity anyone who incites to do it. Considering such a ruling reminds one of the remarks by a national railroad builder when informed of the public protest of his methods, he remarked: "Let the public . . ." After all, man is expendable, but cows sell for good money.

¹⁷ The demand for these ready prepared "meals" has become enormous, being built up by advertising, radio and television, and appealing to a low human instinct — *to live with as little effort, especially labor — as possible.* There is no mention in this advertising that preservatives dangerous to health are necessary to keep the prepared "food" fresh. Many articles of food so prepared in time become almost indigestible and lose their nourishing qualities. No experienced Nutritionist would prescribe these prepared, preserved foods. The wise housewife will not accept most of these foods free if compelled to feed them *to her loved ones. Only foods freshly prepared are capable of maintaining the health of body and mind. This is a nutritive law not yet generally recognized.*

salable for weeks or months except for the newer chemical additives.¹⁸

"The chemical industry has been most active and ingenious at devising and supplying every sort of additive substances to "improve" and maintain the saleability and good appearance [at the expense of nutriment and benefit to the consumer] of commercial and packaged food products.¹⁹ Especially to be questioned are those additives that keep the product from becoming stale in flavor, or losing its good appearance with time or lack of refrigeration, to permit it to have a longer life on the shelf or in the freezer or refrigerator, before off-tastes and odors develop.²⁰

"Many consider the wide use of such foods to be an element of modern scientific and industrial progress, but

¹⁸ The experienced Dietitian cannot conceive how a rational mind can entertain the idea that any preserved food which, due to the additives employed in its preparation and kept beyond a certain short period, can possibly be a nourishing food. The *natural* procedure is to prepare food, boiled, roasted, or fried, and serve while still warm. Few foods have any real value if retained for even a short period and then are rebaked or reheated. One of our associates has named these many pre-prepared and partly baked preparations "*the embalmed foods*." The term is applicable and descriptive.

¹⁹ In our opinion, there is but one way of safety. If health is to be maintained: *Do not consume these pre-prepared "foods."* A fresh vegetable salad with cottage cheese dressing and a glass of milk, is both safe and nourishing for lunch or all secondary meals. Its actual food value, unquestioned as to purity, is far beyond an "embalmed" prepared food; while a baked apple and almonds, to which may be added milk, will furnish the body with all the minerals and vitamins it requires for proper functioning.

²⁰ If an offtaste and odor develops, as we have found among foods experimented with, this should be proof in itself of the undesirability of ingesting such foods, and prevent the housewife from serving them to her family.

it may be questioned whether it is progress when 600 to 700 persons die every day from cancer, and when one person in every four may expect to contract cancer at some time of his life and the expectation of a case of cancer in about two out of every three families.²¹

"It is known that diet is an important factor in preventing the development of bodily conditions that tend to favor the beginnings of a cancerous condition, and with care and a willingness to go to a little extra trouble, we can modify our eating habits in ways that will tend to reduce the likelihood of cancer striking us and our family."²²

"For the consumer who wishes to avoid needless risks in his diet, we may give the advice that one should avoid: oranges and white and sweet potatoes and nuts that have been dyed or colored; margarine colored by anything other than carotin (which is a natural substance or a manufactured one close to a natural substance contained in certain foods).

"One should avoid all caponized poultry, and especially avoid the use of any part of the necks of chickens and turkeys; all dyed foods, which includes many highly colored desserts and bakery products, particularly those sold in packages in groceries, chain stores, and super-

²¹ Many physicians have come to believe that cancer is due in many instances to cell starvation. This is a logical conclusion when we consider the large number of foods that have been *de-natured* of their most important vital elements and the almost equal number of "doctored" foods consumed by the public. The two together spell C-A-N-C-E-R, or some other equally destructive disease.

²² Our efforts are always to point out to our co-workers and those interested in maintaining health, foods necessary for this purpose, and warn against those foods which do not contain the necessary vital health sustaining elements.

markets, for these also contain various substances of uncertain safety intended to give the product a very long shelf life.

"Avoid all burned fats and fatty foods, especially overtoasted bread and buns, overbroiled steaks, hamburgers, and chickens, and especially, remove carefully, before the food is eaten, any charred or tarry carbonaceous matter that may be in evidence.

"Drinking and obesity both increase the tendency to cancer. The habit of using too much of fat, starchy, and sugary foods (a diet high in calories) instead of the high-quality protein foods, meat, fish, eggs, and natural cheese, also tends toward producing conditions favorable to development of cancerous growths.

"It is well to bear in mind that *not a single one* of the accepted dyes is known to have been sufficiently studied to satisfy the agreed criteria of safety"²³ set forth by an International Symposium held in Rome in August 1956. [An adequate test of a single dye suspected of having cancer-causing properties requires no less than seven years' work.]

"In general, the consumer will find it best to stick as closely as possible to food products that have had a *minimum* of factory processing and contain the *fewest possible adulterants of the sort used to delay staling, add color, enhance flavor, improve consistency, etc.*

Get in the habit of reading labels, and when the food or beverage label contains a list of substances of which perhaps several are known to you or are obviously the product of a chemical laboratory [rather than the kind of

²³ This is admittedly a very grave charge but we feel that it is *amply borne out by the facts*. Refer to the report of the International Symposium quoted in the first chapter of the present volume.

substance that would be used in the home kitchen], it would be well to do without that product, so far as practicable.²⁴

In its place, one would be wise to choose a less "sophisticated" food, that is closer to nature. This point of view greatly annoys some food manufacturers who think, in spite of the bad history of a score or more of food additives, that one should trust manufacturers completely for the safety of everything their chemists may think of in the way of preservative, color, texture modifier, artificial flavor, flavor improver, or what not.

"Since so many uncertainties exist, and so many food additives employed are employed for appearance or convenience in manufacture, or for durability, and do not add nutritive values, *the reasonable procedure is to avoid foods containing them whenever possible, and to tell your state and federal food agencies and your Congressman²⁵ that you wish much tighter, more consumer-minded control of food processing and prepared-food ingredients.*

"You may wish to tell the manufacturers, too, what you think of the unfamiliar chemical ingredients, dyes, flavors, and preservatives that they use, and if you care to send a copy of your letter and the manufacturer's reply to *Consumers' Research*, we shall be glad to have it.

"One final word — since out of six who contract cancer four will die of the disease, cancer is clearly not a disease to be trifled with, and if there are steps that can be taken to prevent it in some or in many cases, *there is every reason to go to any amount of trouble to that end.*

²⁴ Trust *nothing* but your own ability to question, analyze, and use *the reason God gave you*. Advertisements are for the purpose of selling products. Remember, *the simpler and fresher the food you eat the better for your well-being.*

"People should not regard the use of foods containing new and unfamiliar additives as a mere harmless experiment to be accepted as one accepts a change of the weather or in the colors of this year's cars."—Emphasis, interpolations and comments, ours.

²⁵ Uncounted thousands wrote to their Congressmen and Senators pleading for the passage of a genuine protective Law. Were their prayers answered? Refer to *Postscript, Chapter One, Section Five.*

CHAPTER TWO

The Agents of Death, the Decisions of Food and Drug Administration, and the Testimony of Experienced, Reputable Medical Men

The Food and Drug Administration cracked down on food and drug stores promoting dietary products "to build up the resistance against Asiatic Flu." — The Philadelphia Inquirer, December 21, 1957.

If vital foods—a correct and nutritional regime, cannot build up resistance to disease—help the sick recover from illness—then there is no greater charlatanry than the dieticians employed in hospitals throughout the nation.

If it is admitted that a correct dietary composed of vital foods is inefficient to build up resistance to disease, then man may eat whatever he desires, even though there is not a single unit of either vitamins or minerals in the food he ingests, and retain his health and strength, despite ignoring all dietary laws.

Why then recommend liver and iron for anemia? Why all the other compounds running into billions of dollars each year, prescribed by the experienced physicians? Why not just eat, drink and be merry, and live a full life? Will experienced physicians agree to this?

How does this ruling compare with other acts and rulings, or lack of rulings and information, by the Food and Drug Administration? Let us consider an article by George McGrath, published in the *National Police Gazette*, January 1958 edition, in which is included a report made by W. C. Hueper, M. D., an expert in the U. S. Government, together with Mr. McGrath's comments.

In statements and report by W. C. Hueper, M. D., Chief of Environment Cancer Section of the United States Health Service, National Cancer Institute,¹ is included the following:

¹ It is currently reported that there is an effort on foot to oust Dr. Hueper from his position as Chief of the Environment

"It is a well established fact that an appreciable and growing number of chemicals, of which a few are known to enter the human food supply, are capable of causing cancer in man under proper conditions of exposure.

"This disconcerting situation is aggravated by the observation that many additional chemicals, some of which are incorporated into consumer goods including foodstuffs, elicit cancers in experimental animals were introduced in proper amounts and under suitable conditions."²

"On the basis of information available on carcinogenic properties of presently used or permitted food additives and contaminants the following chemicals *must be considered* carcinogenic according to the widely accepted definition that carcinogens are agents which when applied under certain conditions to man or animal elicit the subsequent development of cancers which would not have appeared otherwise.

It is true that in many instances this may be so, but investigators have found that when this happens *man's entire personality may be seriously changed*. To how great a degree is not yet fully established, *but it is certain that in some instances it is a reversion to a Mongoloid or some form of idiocy, rapid loss of memory, loss of coordination*.³ How far such retrogression may progress only time will tell.

Cancer Section of the United States Health Service. Dr. Hueper is efficient and has served well and honestly. Every effort should be made urging his retention in that section.

² Despite the fact that during the past few years physicians, scientists, investigators and biochemists of the highest authority and reputation have made similar statements, it was quickly learned, following the publication of *The Age of Treason*, that a considerable number who read the book reacted to the information given by expressing their opinion that the system can *adjust itself to these poisons*.

³ Reference is to the *numerous muscular atrophies* of a completely disabling nature.

"A competent examination of paraffins and waxes used for medical and commercial purposes, including food containers and wrapping material, is indicated because of recent observations on tumor-causing action of presumably purified paraffin when implanted into the bladders of rodents."

Dr. Hueper is further quoted as stating in substance:

"Several food and cosmetic dyes can probably cause cancer in humans, others *are* potential cancer-producing agents and many additional ones have not been adequately investigated.

"Potential cancer hazards are the triphenylmethane dyes, light green SF and fast green used to color *candies, essences, cordials, biscuits, cakes, jellies, maraschino cherries* and *frozen desserts*. Brilliant blue is also a cancer hazard. This is used as a coloring in *icing, jellies, ice cream, ice cream toppings, milk bar syrups, candies, cake decorations, frozen desserts, soft drinks, puddings* and *bakery goods*.

"Another group of suspect cancer producers are the betanaphthylamine azo benzyl dyes such as yellow AM and yellow OB used for coloring *butter, margarine* and *baked goods*.

"Chemicals known as surfactants, used in foodstuffs as anti-foaming agents, emulsifiers and dispersants, have shown cancer producing effects in experiments with animals.

"The cancer experts said that these agents may also be introduced unintentionally into food as residues or detergents.

"Among the foods in which these chemicals are used are: *candies, soft drinks, dill pickles, vitamin preparations, ice cream, cream whip, cakes, bread* and *rolls*.

"Dr. Hueper warned that a definite amount of caution should be used in the choice of the surfactants and in the *amounts* which may be permitted in food.

"Dangerous Food Containers"

"Another group of chemicals that Dr. Hueper warned against were the humecants. These are incorporated in *marshmallows, pastilles, shredded cocoanut, confections, ice cream, chocolates* and *jelly-like candies* as well as *cigarette tobacco*.

"The U. S. scientist said that diethylene glycol, a humecant formerly used in tobacco, caused cancer of the bladder when fed to rats.

"There is also a food preservative, 8-Hydroxyquinoline, that showed cancer-producing agents for mice when implanted into the bladder.

"It has also been noted that when a contraceptive containing this chemical is fed or put into the reproductive organs of a female rat kept on a protein diet, it caused cancers of different types and in several organs including the uterus.

"This chemical is used in *cottage cheese* as a coagulator and is also present in contraceptive and rectal suppositories.

"Paraffin and petrolatum-like material has been incriminated as the cause of various cancers. Foodstuffs such as *milk, cream, cheese, butter, margarine* and *citrus fruits* come in contact with paraffin and petroleum waxes used for impregnation of food containers and wrapping paper.

"The report expresses particular concern that no studies have been undertaken on the safety of these food containers."

THE SHOCKING REVELATION CONTAINED IN THE GAZETTE'S COMMENTS

"Before you swallow that spoonful of ice cream or eat that delicious [tasting, innocent looking] pastry, read [what Dr. Hueper has revealed] and your indignation may be greater than your desire for it.

"Dr. Hueper's story is that the Government [i.e., the Food and Drug Administration apparently] was afraid to tell [make known to the people it is obligated to protect]. It is the story of a threat against our life because our every day foods contain cancer-producing agents.

"The truth as reported [by Dr. Hueper and others] reveals the staggering information that the vicious killer, *cancer*, lurks dormant in such foods as candies, soft drinks, vitamins, bread, rolls, puddings and many other edibles.

"But what makes this story even more shocking and even frightening is that the Government's Food and Drug Administration, the policeman who is *supposed* to guard our food, has ordered this information suppressed so that the American people wouldn't know the bitter—and deadly—truth.

HUMAN GUINEA PIGS

"Consider how huge and terrifying this threat of cancer through the food we eat is, the irresponsible action of the Food and Drug Agency is [permitting the] making not only guinea pigs out of the American people, but worse yet, is making suckers out of us.

"In terms that can be understood by even a half-brained bureaucrat, Dr. W. C. Hueper, chief of the Environmental Cancer Section of the United States Health Service National Cancer Institute, further stated:

"With this damning evidence before it and knowing full well that many of the foods mentioned in the report were being eaten daily by millions of Americans, did the Food and Drug office act? Certainly it did." But how?—*Emphasis ours.*

According to their information, The Food and Drug Administration is charged by the *Police Gazette* with having suppressed the findings. Legislators have the means at their command to learn whether or not this is true.

THE SUPPRESSED FACTS

"Further cancer-producing properties in wax products have been reported by independent medical researchers who have found a direct relationship with these products and gastrointestinal cancers of test animals.

"The *disgraceful weakness* in our food and drug laws, permitting the wholesale poisoning of Americans before a chemical used in food is fully tested, was dramatically exposed in the suppressed report. The tragic case of the sweetening agent, dulcin, was presented.

"It was available for many years and millions of Americans, assuming it was perfectly safe because it was openly sold and used in many food products, became potential cancer victims by using it.

"It was recently found to cause cirrhosis and tumors of the liver in rats given this chemical by the mouth. Authorities quietly withdrew it from the open market. The public was never told why. Why did the Food and Drug Administration permit this chemical to be sold before it was adjudged completely safe? This is a tragic example of the agency's [the Law's] inadequacy.

"And now many more chemicals are on the market.

"Dr. Hueper wanted to release his findings on these cancer-producing drugs before a medical group in Wichita, Kansas. In routine procedure [it was stated] his report was sent to superiors who passed it around the other agencies within the U. S. Department of Health, Education and Welfare.

TOP OFFICIALS ALARMED

"When the top brass of the Food and Drug Administration saw it they quivered and broke out in hysterics. The Government officials realized that the report contained damaging evidence against chemicals now commonly used in food. The report also poured salt on some of the Food

and Drug Administration's wounds regarding their previous follies.

"Of course the Food and Drug Administration has a pat excuse. It blames the weakness in the laws for allowing loopholes through which untested chemicals can be added to food.⁴

"But this is buck-passing. The Food and Drug Administration went so far as to refuse to OK a highly damaging report made by a medical authority who works for the same parent organization.

"It appears everyone is afraid to reveal the naked truth,⁵ regardless of how damaging it might be and regardless of who will be hurt."

More and more of the actual facts relative to the grave dangers of Toxic food additives are becoming known as well as the increasing demand for stringent protective legislation.

No less than such a conservative publication as *CHEMICAL PROCESSING*, June 1958 issue, under the heading *Watching Washington*, printed the following:

"STATES FORCE FEDERAL HAND"

"The big push to get things wrapped up is coming from various States' Legislatures, which in effect are reflecting public restlessness. Agitation is growing over the delay in getting Federal legislation in the works. Any fur-

⁴ Admittedly this is true, hence the desperate need for practical, applicable legislation. However, this hardly excuses the Administration for not releasing the report.

⁵ There is good reason for such fear. It is doubtful if there is one person who has dared to reveal the truth and the danger of the many Toxic chemicals used in the preparation of various foods, whose life has not been threatened. It is generally only the foolish young, the utterly fearless, or the old who no longer value life, who are bold enough to do so.

ther delays will only add grist to the mill of the food faddists, and as more people hop on the faddist bandwagon, the urgency to get something done increases—or both industry and FDA will suffer.

“The push from the States comes from New York which is considering food additive legislation of the ‘licensing’ variety. New York City has under consideration sanitary code revisions to include food additive measures.”

It is regrettable that the writer could not resist the impulse to deal a “slap” to those demanding proper legislation, forgetting, or being unaware, that some of the most experienced biochemists and nutritionists are now among the supplicants for such legislation.

**IN RETROSPECT
GOD'S MOST BEAUTIFUL HANDIWORK**



*Its "glorious" inheritance whether born in a
Manger or a Castle*

PARENTS AND LEGISLATORS, CONSIDER THE CHILD

Is the Child of Lesser Importance than Man's Best Friend, the Dog?

At first thought, it would appear that such a question is not only ridiculous, but idiotic? Is it? For years it has been known, and is now becoming general knowledge, that the greater part of our foods are adulterated with more or less poisonous substances, some of them cancer creating. For some years such men as Congressmen Delaney have been trying to have protective laws enacted. To what extent have these efforts been successful? As a result of present agitation, will present laws be enforced? Refer to CHAPTER ONE, *Section Five*.

It is said that "comparisons are odious." No doubt this is generally true. However, in giving consideration to a subject of *far greater* importance than any other conceivable by the mind of man—THE WELFARE OF THE CHILD, it can be wisely used to drive home facts generally ignored.

As already stated, although the demand for protective legislation against Toxic substances in the food for man is becoming nation-wide, practically no attention has been given it by our Legislators. *Now consider the comparison:*

The Veterinarians' Association of Wyoming, alarmed at the effects on canine patients RESULTING FROM EXPOSURE TO DANGEROUS ANTI-BIOTICS and chemicals found in TABLE SCRAPS (*We request all readers to study this statement several times that the truth may sink in*), has taken decisive *protective* action.

Ye parents and Legislators, consider this statement for a moment. IF THE SCRAPS LEFT FROM VARIOUS OF THE FOODS CONSUMED AT A MEAL CONTAIN TOXIC ADDITIVES SO DANGEROUS AS TO BE UNFIT FOR DOGS, WHAT OF THE FOODS

CONSUMED BY THE FAMILY IN SO MUCH LARGER QUANTITIES, AND ESPECIALLY BY SENSITIVE CHILDREN? REMEMBER! These scraps are only from basic foods consumed at the meal; not too many in number. Consider the MANY other things consumed frequently during the day, such as soft drinks, candies, cakes and what not, all, or nearly all, more or less adulterated with equally Toxic substances.

Say these Wyoming Legislators, "Man's best friend must be protected against such hazards at all cost." We agree with them, but WHAT OF THE CHILDREN. In Wyoming measures have been taken—So it is reported—to prohibit the use of these KNOWN carcinogens in meat animals *to protect the dogs*. Again we question: Are dogs of greater importance than children? Shall dogs be protected and MEN, WOMEN AND CHILDREN REMAIN AT THE MERCY OF ADULTERATORS? Judged by the action thus far taken by our Lawmakers, and to use slang: "What should they care?" WHO IS AT FAULT? *You who read this. The voters, mothers and fathers.*

*Is the Child, God's Most Beautiful Handiwork, to remain
at the Mercy of Denaturers and Adulterators?
Let us Give Impartial Consideration to Its
Food and Drink for One Day.*

FOR BREAKFAST:

Fruit or fruit juice. If processed, much of vitamin content destroyed. If fresh, possibly colored by Nigrosine or Benzopurpurine. Both Toxic and banned in some countries.

Milk: Possibly containing Penicillin, Formaldehyde and poisons used in spraying. Milk contained in paraffin or petrolatum-like substances as containers. Carcinogenic.

Eggs: Possibly infertile eggs lacking nature's VITAL FOOD principle.

Bread: Containing at least one, possibly three or more Toxic additives. Ammonium Chloride, to help ferment the dough. Ammonium Sulfate, to help in fermentation. This substance is

employed in galvanizing iron and fireproofing fabrics. Sodium Chloride, to give bread fine texture. Used in manufacturing soaps and dyes, also in glazing pottery and curing hides. Chlorine, bleaching, a violent irritant, used in detinning and dezincing iron. Ammonium Bicarbonate, a decomposer, used also in fire extinguishers, dyes, etc. Acetic Acid, a preservative, used also to cure skin irritations. The usual preservatives. THIS, FRIENDS, made out of DENATURED FLOUR, is its DAILY BREAD, or perhaps one of the many sorts of cakes made out of bread dough.

Butter: Some spreads flavored with butyric acid to taste more like butter, dye colorings. Margarine, some with Hydrogenated fat and Dextrose and dye.

Chocolate: Perhaps containing Diethylene Glycol.

Cereals: Many cereals or so-called breakfast foods are said to be highly adulterated with additives and dyes. These have not been tabulated. In passing: for years we were very fond of a certain breakfast food with cream. We now find it contains Butylated Hydroxytoluene and an emulsifier. Parents should write to manufacturer of their choice cereal and demand to know contents.

Between Meals: The many things children indulge in—adults as well—are indeed numerous. Candies, biscuits, cakes, bread and jellies, frozen desserts, soft drinks, many various bakery products. All of these may contain—many of them do—triphenylmethane dyes. All of these considered by experts as Cancer producing.

Soft drinks, ice cream and cream whips: May contain—many of them do—triphenylmethane dyes and artificial flavors, such as vanilla with Coumarin, ice cream with boric acid.

Milk Drinks: During the summer months, millions of children as well as adults, indulge in milk drinks, unaware that the milk may contain Penicillin, Formaldehyde and the syrups. Triphenylmethane dyes.

VITAMINS:

There are probably few families in the United States who, due to much advertising in every form and medium, now firmly believe their children should be given vitamins regularly to make up for deficiencies in the diet; even the elders take them. The worst feature of this is the fact that it is generally true. Now it is officially revealed that at least some makers of vitamins—but which, is the question—adulterate them with Toxic substances. CAN HUMAN CREATURES FALL LOWER THAN THIS?

LUNCH:

In many families lunch is a secondary meal, but even so, it may consist of bread, butter and perhaps jellies, already analyzed. Perhaps the fine food cottage cheese, now frequently adulterated with 8-Hydroxyquinoline, a chief remedy in Hemorrhoid suppositories, and perhaps vegetables that have been treated with Nigrosine, or Benzo-purpidine to make them look fresh and appetizing. Perhaps pecans dyed in a coal tar are added to the meal. This simple meal can be a safe one if baked potatoes are substituted for the bread; vegetables, carefully selected, for the salad, and a soup of known purity added; or, in place of soup, milk from a source known for its purity and unadulteration.

THE EVENING MEAL:

No matter how wise and careful, here the housewife is almost certain to meet with difficulties. Unless she is fully informed of the source of her meats, she may select chicken which is almost certain to have been inoculated with *Stilbestrol*, possibly diseased, and dipped in a Toxic substance such as Chlortetracycline; or meats from animals fed with *Stilbestrol* and/or additives equally Toxic; or perhaps fish that have been dipped in some preservative or other. Added to this almost certainly bread or biscuits, and finally dessert, all of which are, as indicated, highly adulterated.

She may select one of the now widely advertised "prepared"

dinners, and as a result, fare less well than had she selected fowl, meat or fish, because these are no less adulterated and there is an added, and a *great* risk. Fred C. Othman, in THE CAPITAL SCIENCE, June 17, 1958 reports that George P. Lerreck of the Food and Drug Administrator, when requesting an appropriation of over \$9,000,000, stated that:

"It is most difficult to discover *unfit* foods [when] sealed in frozen packages. Among such foods were chicken a La King, Chop Suey, Lobster Newburg, Crab Cakes, Deviled Crab [and most certainly all ready prepared frozen dinners]. That THESE MAKE IDEAL SPOTS FOR BACTERIAL GROWTHS."—*Interpolations and Emphasis ours.*

Parents and Legislators, MAKE A NOTE OF THE VARIOUS FOODS AND DRINKS ENUMERATED, YOU, OR YOU AND YOUR FAMILY PARTAKE OF DURING ANY ONE DAY AND THEN COUNT THE NUMBER OF TOXIC SUBSTANCES, *many of them denounced as Carcinogenic by experts, you, or your family consume each day* AND QUESTION YOURSELF: *What will this do to me, to them, and to the American people?* THEN ACT.

THE HEALTH BETRAYER CALLED "BREAD."

It is safe to say that beginning at the age of twelve months, certainly at sixteen, one of the principal foods consumed by the child is bread, or other items of food made from flour. This may, in addition, be in the form of cakes, pies, cookies and many other eye-appealing types of food.

Then, as soon as the child is old enough to be hypnotized or brain washed, full page advertisements in magazines, glaring television broadcasts urge children to eat more and more bread, white bread of course, that it may keep healthy and grow strong. The child and youth, even the adult, is generally incompetent to judge whether or not such statements are based on facts; but accepts them as true. Thus millions of children are fed one to five pieces of bread, with perhaps jellies or preserves sweetened

with white sugar, or white sugar substitutes, plus color or flavor additives pronounced cancer producers by competent authorities.

Some time ago, E. E. Pfeiffer, M. D., one of the greatest Biochemists in America, prepared an article for BIO-DYNAMICS—published in volume III. No. 2, 1945. This was later printed in booklet form under the title: "DOES BREAD NOURISH?" Copyrighted 1945. Every adult person in America should possess full knowledge of the contents of this article.

That at least the readers of this text may be fully informed, the author quotes from it at length, together with interpolations and footnotes, in an attempt to add further details. The title could be:

IS PRESENT-DAY BREAD ACTUALLY THE "STAFF OF LIFE"?

"On the outside [of the grain of wheat] there is a protective covering, a membrane of cellulose. This is a hard skin with a certain content of salicic acid, and according to experts on nutrition, is very hard to digest and may be dispensed with. . .

"The next layer is that of the aleuron cell. Rows of cells shaped like honeycomb are filled with the *most valuable* foodstuffs: protein, mineral salts and vitamins, especially vitamin B, which withstands heat. This layer contains *what is needed to build up energy in the human organism*.

"The white kernel of the wheat consists essentially of starch that is used to produce warmth calories and to build up fat and flesh in the organism.⁶

"The germ.⁷ This is rich in aromatic vegetable oils,

⁶ It is highly important to note that there is nothing whatever in this flour to build the vitality and health for which white bread is so widely advertised.

⁷ This germ of the wheat which contains the *living, vital*

fats, vitamin, and (organic) salts, particularly phosphates.⁸ In totals $\frac{1}{2}$ per cent of the grain, contains 36 per cent albumen as against $\frac{8}{9}$ per cent in the kernel, and 12 per cent fat with Lecithin.⁹ This last is an *important substance* for nourishing and building up the nerves and Brain."¹⁰

It has 7 per cent mineral matter as against $1\frac{1}{2}$ per cent in the rest of the grain of wheat and it contains the total dynamic energy for the building up of a new plant.

principle of life is wholly eliminated. The exact truth would be, that in eating white bread we eat the "husk" after eliminating that which is actually the *staff of life*. This germ with its *vital reproducing power or ability, is the most important of all that man can ingest as food.*

⁸ As a result of modern milling processes practically all of these *organic* mineral elements are eliminated. To be sure, the claim is made that bread is fortified or enriched. However, the elements used are *inorganic*, and even if they were *organic*, they would in great part fail of the desired objective. They have been *disorganized* by the process of "tearing them apart from each other" as developed in the grain by Nature and intended for consumption by man as a *whole, not as an emasculated food.*

⁹ *Lecithin* is rich in *Chlorine* and *Insitol*, two organic chemicals forming part of many formulas physicians prescribe in the treatment for cholestrol deposits in the liver and widely accepted as the cause of hardening of the arteries and high blood pressure. Only one food is richer in *Lecithin* than wheat germ—the Soy bean from which a cold pressed, fat free *Lecithin* is made. It is admitted that thirty years ago very few men of forty and fifty died of heart disease as a result of hardening of the arteries. May it not be possible to trace the increased deaths to the elimination of this substance from the flour almost universally used in baking bread, pies, cakes, etc.

¹⁰ This *Lecithin* which is one of the most valuable nerve and brain foods, is also eliminated by the milling process. Is it any wonder that since this refined milling process has been employed in making flour, and the *denaturing* of other foods, the mem-

What more does modern milling do to what has always been considered Nature's perfect food?

"The germ is oily. When stored for any length of time, this oil may become rancid, so it is removed at the beginning. The two outer layers, those of the cellulose skin and the aleuron, are not white and are eliminated. The starch layer then remains. Because of its composition starch has a 'fuel' value, but it is LACKING IN ALL THE ESSENTIAL MINERAL [ORGANIC] SALTS, VITAMINS, AND PROTEINS. It does make a beautiful white bread or cake. However, it provides an EXTREMELY UNBALANCED FOOD.

"Let us consider what the eminent specialist and German investigator of Vitamins, Professor A. Scheunert, has to say:¹¹ 'The germ [besides the Lecithin and Vital Life element] contains some Vitamin A. . . . 'Because the germ is eliminated with the bran during the milling process, the flours generally supplied by the trade, are not to be regarded as sources of Vitamin A, but must be counted practically free from it.'

"The germ [also] contains a considerable amount of Vitamin B. If it is removed [as it is in modern milling], this portion of that vitamin is lacking in the flour. As Scheunert says . . . 'as we can prove in the case of rats starved of Vitamin B that even 0.5 gramme of the germ of wheat and rye is enough to start growth, and in addition of 1 gramme of the germ produced the best growth. According to this, the germ is among the best source of Vitamin B that we possess.' . . .

"Whole meal flours are the best. Flours of 75 per cent (75%) of the original grain is meal, are lessened in value,

ories of millions at 35 and 40 years of age are not nearly as good as were the memories of men and women in earlier days?

¹¹ "Vitamin Experiments in German foods." Part 11, *Flour and Bread*, 1930. p. 7.

and . . . in 60 per cent ground of wheat flour, no anti-neurotic vitamin¹² at all could be discovered in tests with pigeons."¹³

"No snow-white flour can be obtained by natural means.

To make it white, IT MUST BE BLEACHED. Trichloride of nitrogen is the favorite means for doing this. If new bread made of quite fresh flour is smelled, a good nose can detect the sweetish-stuffy smell, although this substance is very finely diluted when used. Flours of inferior quality can be [are frequently] 'improved' and 'prepared' for human use . . . Baker's help [to make bread of such inferior flour appear as perfect as though made from first quality flour] with salts, such as *potassium bomate*, *persulphate of ammonia*, and others, and make quick and even rising and baking possible. No thought is given to what such breads do to the people's health.

"Artificial 'improvements' of flour are forbidden in France, Italy, Belgium, Hungary and other countries.

"That something is radically wrong with our modern bread is admitted in the advertising of reinforced, vitamized flour and bread. The U. S. Department of Agriculture not only permits this but requests the addition of vitamin preparations to the flour in order to 'restore' that which has been robbed of the flour. Reason demands: Why remove [nature's *organic* minerals and vitamins] and then add [inorganic and *disorganized*] substances at considerable expense?

"White bread is counter indicated as food for two specific reasons: The first is, that with most yeast in commercialist breadmaking, there are used 'yeast foods'—*potassium bromate*, and various other chemicals. The second

¹² Considering the amount of bread and other white flour foods daily consumed, especially by women and children, is there any wonder Americans are becoming a nation of Neurotics.

¹³ Scheunert. p. 15.

count against present white bread is because of the poisonous chemicals used for bleaching the flour from which almost all American white bread is made.

"We frequently hear it stated that whole wheat bread is difficult to digest. Yet, according to tests by modern Nutritionists, this is true only in the case of those suffering from nervous indigestion or neurotics." *Condensation. Interpolations and emphasis ours.*

Forty or fifty years ago, wheat was ground under what was generally known as "Holland stones," the coarse outer covering of the wheat was sifted out. It is true that since the present generation has known little if any other than denatured white bread, there are many whose digestion has so weakened and degenerated that they would find great difficulty in digesting this coarse outer coating.

FURTHER LIGHT ON FOOD ADDITIVES

In an article published under the above title in the CHANGING TIMES, *The Kiplinger Magazine*, October, 1957 issue, the author of the article attempts to be fair, but many of his statements indicate that he has little or no knowledge of Nutrition and Biochemistry. We quote, with comments:

"... Ten years ago a large grocery store carried perhaps 1,000 items from which to plan a menu. Today there are at least 6,000 items, thanks mainly to advances in food technology [more properly: FOOD ADULTERATION.].

"Take as an example, the evolution of shrimp. A generation ago you didn't eat shrimp unless you lived near the sea. Then came frozen shrimp, then breaded frozen shrimp,¹⁴ and finally breaded frozen cooked shrimp.¹⁴

¹⁴ According to eminent dieticians and nutritionists, frozen shrimp, even present day breaded and cooked shrimp, if free from preservatives and additives and *consumed shortly after*

"Commissioner George P. Larrick, head of the Food and Drug Administration, recently estimated that some 700¹⁵ chemicals are now being used in our foods. Of these, 150 have *not* [even] been tested [hence *no* one can know the harm they may do to the human system].

"Without the chemical additive sodium propionate, bread would mold before it could be eaten.¹⁶ Without sodium benzoate, preserves, jams and jellies would not keep.¹⁷ Various sulfides keep fruit in prepared pie mixes from turning brown.¹⁸

their preparation, may be considered as nourishing food, though not nearly as desirable as when freshly prepared, but when shipped and remaining on dealer shelves for any length of time, are no longer desirable as food, but have become health destroyers. Much of the value of prepared food is destroyed in their preparation, also by not consuming them directly after cooking, and finally, the last shred of value, by the process of reheating. This preparation of food may be a convenience, made necessary by the fact that there are so few housewives willing to prepare good foods properly, but these processed and pre-cooked foods are in *no* sense real health builders, and mothers with a knowledge of the preparation of foods for health will *not* touch them.

¹⁵ Refer to the statements of W. C. Heuper previously quoted.

¹⁶ We question whether this is a deliberate misstatement or the result of ignorance. We have lived through the years when our grandmothers, our mothers, and finally the mother of our own family, baked their own bread without preservative additives and throughout all those years we have no knowledge of bread spoiling before it could be eagerly consumed by the family, whether this was within a week or ten days.

¹⁷ We, during our childhood, youth and even as head of our own family, watched grandmother, mother and wife make jellies of every kind without preservative additives and have never known any to spoil. This is poor propaganda for chemical warfare on human health.

¹⁸ It would be infinitely better if the prepared mixes turned brown than having such pies *retard* digestion, as all deterrents

ADMISSION OF DANGERS

"Broadly speaking, these chemicals in your food present two types of peril.¹⁹ Many of them are Toxic, and if allowed in a food in sufficient quantities [or for a sufficient time]²⁰ could slowly poison you.²¹

"The problem is a long-standing one. Back in 1906 when the Food and Drug Act was first passed, there was concern about the use of formaldehyde as a preservative.²¹

"The other danger hasn't been recognized so long. It is the POSSIBILITY²¹ that some of the chemicals used in food might have [does have]²¹ carcinogenic properties that over the years cause cancer. Poisons [in many instances] have their antidotes and cures, but carcinogenic damage to cells *is* irreversible.

"These dangers exist mainly because of a defect in the Federal Food, Drug and Cosmetic Law. Under the present law, the food industry is not required to prove chemical

are believed to do; causing the formation of gas during digestion, the gas liable to bring about inflammation, and possibly ulcers which ultimately turn into cancer. *No* metallic substance can be metabolized, hence all of them are liable to be causative of disease.

¹⁹ An admission that such dangers do exist; hence *no* one, *no human* being, has the right to prepare and sell food preparations unless he is certain that no danger lurks in them. No true American physician would ever risk prescribing a medicine the action and reaction of which he did not possess a full knowledge and he should be an example to processors of food, as he is in medicine.

²⁰ Nutritionists believe that all pre-cooked "foods", shipped and sold in food stores, may be carriers of self-developing Toxins, and that no food partly cooked or baked, *held for a time*, and then recooked or baked, can be considered a safe or nourishing food.

additives to be safe.²² The FDA *must do this after* the product is already on the market. Since it takes a minimum of two years to prove the lack of Toxicity²³ and seven years to prove that a product is not cancer-inducing, the public could be (is) in a serious jeopardy.—*Emphasis ours.*

"Hormones are used to fatten and tenderize poultry and livestock. Although the FDA says that Stilbestrol, the hormone most often used, is safe²⁴ because no trace can be found by delicate tests in the meat of the animals," critics, such as Congressman James J. Delaney and others both in Congress and out, point to evidence that improper injection

²¹ Mothers with infants to feed should constantly bear in mind the fact that many farmers feed their cows with feeds mixed with Penicillin, so strongly condemned by many authorities; that this milk is then frequently adulterated by the use of formaldehyde and/or various additives. To avoid this danger, when at all possible, mothers who love their babies should make every effort to procure their supply direct from producers who do not use additives or adulterants.

²² Refer to the revelations made by W. C. Hueper, M. D., a most grave admission on the part of an apparent apologist for adulterations.

²³ If Toxicity must be proven, how was it possible for the Food and Drug Administration to proceed to "crack down" on dietary products, such as vitamins, minerals, and natural foods which build up vitality and resistance to the invasion of disease, these products being non-Toxic? Are products for the welfare of the people to be banned, while hundreds of so-called foods adulterated *with Toxic Chemicals* may be sold freely to people? What is the answer?

²⁴ Government investigators, according to published reports, have found to the contrary. So have physicians of highest authority on the subject.

²⁵ In reports released it is clearly shown that this Toxic drug has been found in the heads, entrails and livers of animals fed with it. Refer and study the conclusions and actions taken by Wyoming Veterinarians.

of the drug or consumption of meat too soon after dosing might cause sterility in man.

"Clearly established that the enormously expanded use of a constantly growing number of new chemical additives in foods constitute a definite hazard to public health and that new legislation is needed to bring the situation under control."

The testimony from inspectors of Food and Drug Administration indicate that:

"... the residues of a cancer-inciting drug, diethystilbestrol [Stilbestrol—synthetic Toxic hormone] are commonly found in marketed poultry to which this drug is now commonly [almost universally] administered.

"My colleagues and I have assembled data to show that this drug is NOT destroyed by cooking and that marketed poultry *have contained per bird up to 324,000 times the amount of this drug sufficing as a daily dose to induce cancer in mice.* We have forwarded this exhibit for review to National Cancer Institute, United Health Service. It has been reviewed by the National Cancer Institute, with endorsement of our view that administration of this drug to food animals constitutes a hazard to consumers.

"The need to assure protection of consumers against substances found to induce cancer in animals is attested by the facts that the cancer-causing actions of certain tars, oils, dye intermediates, metallic and radioactive compounds were discovered through exposure of human beings and only later confirmed by tests on animals.

is to anticipate and prevent further such experience. Tumors induced in animals by a proposed food additive must disqualify that additive. Although some compounds have induced cancer in one species but not in another, any substance that induces cancer in any species, if used as food additive, *requires consumers to participate without consent,*

in the experiment of exposure to learn if man is or is not a susceptible species, or what percentage of human beings respond to the dose involved.—”²⁵ *Emphasis ours.*

Within a few miles of where this is being written *minks fed* with poultry by-products became sterile.²⁶

“Coal tars as food colorings. The FDA recently removed from its certified list of safe dyes two red and orange coaltar colors that had caused illness among children eating tinted popcorn.”

The question naturally arises: “What of the millions of children and adults who ate such poisoned popcorn and other food products on which these dyes were used? After how many times, and after how many illnesses and even deaths, will many of these additives be prohibited? Who will compensate the victims for such illness and suffering?

CONSERVATIVES AWAKENING TO DANGERS IN ADDITIVES

Up until only a very short time ago it was the current opinion that only “mud-rakers,” “cranks,” “food faddists,” “charlatans” in the healing professions and “Yellow” sheets

²⁵ Quoted from the *Congressional Record*, proceedings and debates of the 85th Congress, first session.

²⁶ Fortunately this, one of the worst of Toxic chemicals fed to animals and then ingested by men, women, youths and children, may shortly be replaced. Experiments in process indicate that a *natural* hormone—Estrogen—can be derived from some types of clover, such as that known as Ladino clover, and from other plants. It is said to be many times more active than the *inorganic* chemical Stilbestrol, which is actually *not* a hormone but that it is less understandable. Being a natural part of plant life, it is less of a shock to the animal's vital forces and being metabolizable [digested], there should be no residue as with the Toxic *Stilbestrol*.

were condemning and making much out of the use of additives in the feed for animals, together with preservatives in the various food preparations for mankind. So firmly was this erroneous opinion impressed upon the mass that very few sincere physicians, dietitians and biochemists dared to raise their voice against this practice so destructive to physical health and mentality, which has become so universal, that though ten bills were reported to have been presented in Congress in 1957 to correct these evils, none passed, and this despite the known fact that more than 700 chemicals are now in use in some form or manner in feeding animals and processing foods, some 150 kinds of which have not been tested though many of these are known to reputable physicians of vast experience to be Cancer creating.

The January 1958 EDITION OF CONSUMER REPORT published a "matter of fact" article under the title HOW SAFE ARE THE CHEMICALS IN OUR FOODS, which clearly indicates the awakening of the people to the danger of these additives. If there were no such awakening, a magazine of this nature would not undertake to print such an article. In order to further inform HUMANITARIANS throughout the country, and especially our Legislators, we quote from this article, with comments. Almost all of this information was published in the first edition THE AGE OF TREASON, though this may not have as wide a circulation as will this present edition, and the information is so important and necessary in fully awakening the people as well as our Lawmakers, that it is well worth while repeating:

"... Another group of chemicals used in food production are the growth stimulants. Antibiotics are used in animal feed, and estrogens (female sex hormones)²⁷ as pellets implanted into fowl.

²⁷ There is misuse of the words "estrogens" and "female sex hormones." If it were true that Estrogen [natural product] were used much of the danger would be removed because this would be dissipated by the preparation, *under heat*, of fowl and other

"The feeding of low levels of penicillin and 'low spectrum' antibiotics, aureomycin and terramycin, to animals does not result in the deposition of a *significant*²⁸ residue of antibiotics in the tissues of these animals."

". . . but the use of penicillin in the treatment of mastitis in cows has resulted in the appearance of significant amounts of penicillin in close to 10% of samples of milk²⁹ tested by the FDA. According to a committee of medical experts, the amount of penicillin in milk *could induce penicillin reactions in the form of skin eruptions and OTHER disorders in children*²⁹ and adults highly allergic to penicillin³⁰—*Emphasis ours.*

meats, but it is not. It is the synthetic, the chemical *Stilbestrol* that is used in feeds, and, according to the most competent biochemists, this is *not* dissipated. It is this additive that the greatest authorities agree is cancer producing.

²⁸ This statement admits that there is a possibility that there may be some residue in the meats of animals so fed. Many competent authorities state frankly there is, and if there is, then the literature of antibiotics should be consulted for information of the danger of these antibiotics; so much so that physicians prescribe them only with utmost care and in cases receiving frequent attention.

²⁹ The use of penicillin in the treatment for mastitis in cows is legitimate, but milk from cows being so treated, should then *not* be sold for food. Since there is no control and milk is produced for profit, it is all too frequently sold and consumed by children and adults alike.

³⁰ While generally the Penicillin is injected into the udder of affected cows, there is evidence that some farmers mix it with their feed with the hope of preventing mastitis in their cows. The number of diseases caused by this, and the suffering and expense of treatment, is beyond estimation. It is admitted that many never fully recover from this penicillin reaction.

Adults, like children, are affected by penicillin, but in a different manner. Here again it is impossible to estimate the

"Aureomycin and similar antibiotics are also used as a soak for frozen chicken to preserve the fowl. The FDA has established a tolerance³¹ for antibiotics not to exceed seven parts per million. All the antibiotic is destroyed when the bird is cooked or roasted.³²

"Another, *even more important*, aspect of the food-safety problem appears when one turns to the hundreds of chemicals used in processing and packaging foods. In processing, foods may receive preservatives, antioxidants, bleaches, colors, flavors, deodorizers, moisteners, drying agents, thickeners, sweeteners, stabilizers, emulsifiers, neutralizers, acidifiers, and anticaking and antifoaming agents. The finished food is distributed in packing materials *which contain* synthetic resins, plasticizers, stabilizers, pigments, paraffin, and other materials, *all of which may contribute chemicals to food.*"—*Emphasis ours.*

The best and most complete answer to these statements is to refer the reader to the expositions made by W. C. Hueper, M.D. A careful study of the report will quickly indicate to the reader and investigator the *reason* why fear prevented the publication of Dr. Hueper's report.

"Some of these chemicals are derived from natural

number of adults incapacitated by the constant use of milk from cows penicillin fed.

³¹ *If antibiotics are destroyed by cooking or roasting, why then the caution and the necessity of establishing a tolerance. The antibiotic being destroyed, no control is necessary. The seekers for food facts would like the answer.*

³² *Even if it had been proven that cooking and roasting are capable of destroying antibiotics, which it has not, being aware of the carelessness of the majority of those who prepare food for consumption, there still would be great danger to the young, and should not be imposed upon innocent children, the future citizens of a Great Nation.*

sources; many are synthetic [inorganic], although the safety or harmfulness of a chemical does not [always] rest on whether it is a natural or synthetic product."

Biochemists and nutritionists will not agree with this statement. As an example, if natural Estrogen is used or fed to animals, it would be dissipated in the preparation of the meat by cooking or roasting. The Synthetic *Stilbestrol* would not. This is true of many other chemicals. It is to be constantly borne in mind that an additive need NOT be a poison used in, or on a food product to make it harmful. Though not a poison in itself, it may *destroy the vitamins in the food*, or seriously retard digestion.

"Some *harmful* or potentially harmful chemicals are used *simply because they achieve a competitive advantage* for the processor."³³

"The polyxethylene sorbitan chemical emulsifiers are *one example of a type of chemical whose safety is questionable* BUT WHICH IS IN WIDE USE. The Food and drug board lists its use in candies, soft drinks, dill pickles, *multi-vitamin* ³⁴ drops, ice cream, cream whips, cakes and cake mixes, sweet rolls and doughnuts. [It is not permitted as an ingredient in standardized breads and rolls, i.e., breads and rolls sold in interstate commerce."] ³⁵

³³ An incriminating admission: Poison for Profit. Humanity! What of it? Humans are dispensables. Why be concerned with their welfare?

³⁴ If the Food and Drug Administration is *really* concerned with the welfare of the people then here is an instance where all of their authority should be rigidly employed. Literally uncounted millions daily take multivitamin tablets under the belief that because they contain vitamins they will supply food elements missing in their foods. Instead, with these vitamins they are also ingesting a substance which is *considered so questionable as to be prohibited in foods in interstate commerce*.

³⁵ If this substance is considered or accepted as a possible

"The amount of sorbitan chemicals in any one food may not be dangerous, but when it is added up in the MANY foods in which they appear, there is GOOD REASON TO BELIEVE THAT CONSUMERS ARE RECEIVING MORE THAN IS GOOD FOR THEM."—Quoted *verbatim*. *Emphasis ours*.

It is to be noted that in not a single instance in the employment of the more than 700 or more additives is *there even a hint that any single one of them has the slightest possibility of either serving as food or medicine to the consumer*. Would any reputable experienced physician prescribe for his patients any chemical substance to be taken regularly and in ever increasing amount with the intent of keeping them well?

Foods, yes, because the body needs them, but chemicals which have no part in metabolism, emphatically no. What right then have the manufacturers of food to add these additives to foods for daily human consumptions, and especially to the foods for babies and children. *Why* is it done? This is what the people who have awakened to the danger, want to know. Is it solely for profit, or are many of the processors of foods working hand in hand with the enemies of mankind to destroy the masses by deteriorating their minds and bodies? WHAT IS THE ANSWER? We are continually asked these questions. We are unable to answer them, except to tell the questioners that many of these substances are DECIDEDLY HARMFUL, SOME DANGEROUS TO MIND AND BODY.

"According to an expert committee of the INTERNATIONAL UNION AGAINST CANCER, meeting in Rome, August, 1956. 'The recent observation of co-carcinogenic and cancer-promoting effects exerted by . . . surface active

additive with harmful results in foods for interstate commerce, *why is it not equally potent for harm when sold within the state?* Where is there logic or common sense in such application of a directive?

agents [Emulsifiers] calls for caution in the use of such chemicals in foodstuffs.' "³⁶

"This caution is *not* being observed in the United States with respect to certain emulsifiers and other chemicals added to food or present in the packaging. In addition to the cumulative effect of a single chemical in different foods, the effect of the *synergistic interaction of different chemicals must be considered*.³⁷ Unfortunately very little investigative work has been done on this problem.

"Another important group of chemicals whose safety is in [grave] doubt is the group of coloring agents. Many of the so-called 'certified dyes' used for many years to color candies, icings, pie-fillings, cakes, cookies, carbonated beverages, meat products [such as frankfurters], popcorn, and other foods are now considered as unsafe. Only recently, about a hundred children in Massachusetts were made ill by eating colored popcorn."—*Emphasis ours*.

Let our legislators give this a moment's thought! Who are the greatest consumers of these items—most of them are not actually foods? Is it not the young children, the youths, those

³⁶ The report as published was far more explicit and condemnatory. Not to repeat, we refer the reader to the statements made by W. C. Hueper, M. D., in the *Police Gazette*, and quoted in forepart of this chapter.

³⁷ The experienced physician is ever careful in the combination of the drugs he prescribes for a patient really in need of medication, and will *not* prescribe drugs incompatible one to another. Processors of foods have no compunction in using numerous ones of the 700 additives in their products, and it is certain that in many families even the youngest children eat foods containing as many as 5 to 10 different additives during the day. *What will be the ultimate result? Who will pay for the suffering, damage, expense incurred, for what? Which is it to be? The welfare of humanity or—profit? What is the answer?*

who are in greatest need for the most perfect vitality and health building foods; foods free from all contamination.

There being more than 700 of various chemicals now used in some manner in the preparation of foods consumed by the American people, we have not reached the A. B. C. of adulteration, and barely hinted at the danger to the health of body and mind LURKING IN THESE FOODS SO-CALLED, ESPECIALLY TO BABIES IN ARMS, CHILDREN AND YOUTHS.

A constant and ever-increasing danger to the health of the people is the fact that a great many vegetables are raised in, or at least, packed in, districts where there is fluoridation of the water and necessarily, the water used in the preparation and canning vegetables in this "doctored" water. In buying canned vegetables the buyer should make certain that no fluoridated water is used in the canning. Among the large canneries *not* using such water, are Heinz.

Numerous canneries, especially beyond the mid-West, frankly state that they do *not* use any adulterations or additives in the preparation of articles of diet. Examine labels on all canned goods, or write to the processor for full information.

Protect yourself and your family.

CHAPTER TWO

Section One

The Grains as Basic Foods, or Deterrents to Health and Well-Being

Perhaps the most denatured and adulterated of all food substances today is OUR DAILY BREAD.¹ From the time of Egypt, perhaps before that, bread made of the whole wheat WAS the STAFF OF LIFE. In America, the native Americans—the Indians whom the white man dispossessed unceremoniously, knew nothing of wheat and made their bread out of corn. In both instances the WHOLE GRAIN WAS USED AS DEVELOPED BY NATURE THROUGH EONS OF TIME.

Even today in many countries, or parts of the countries where men live primitively, in South America for instance, an unknown number of people have little to eat other than "black" bread containing all of its elements, including the germ—the *vital, living, life-giving principle*, beans with such few vegetables they can garner, and perhaps some grapes and other fruits.

Today all breads, with few exceptions, both of corn and wheat, are made of DENATURED flour. The flour is *denuded* of its MOST VALUABLE COMPONENT: *The germ that is life*; and then adulterated with various additives; some dangerous to health.

The most IMPORTANT ELEMENT TO MAN'S WELL-BEING, BOTH PHYSICAL AND MENTAL, in both corn and wheat, in fact ALL GRAINS, is *the germ*. In good time, investigators, all dieticians, nutritionists and physicians will become conscious of

¹ Whoever wrote the *Lord's Prayer* knew bread as bread *should be*, and had not the slightest inkling of what man might later do to the grain in making the flour for bread. In the earlier days it was indeed the *staff of life*; *Natural, unadulterated, life giving*.

the fact that the elimination of this *health essential* from the grains IS ACTUALLY in *great part* the cause of the 10,000 babies born each year with cerebral palsy; 7,000 with cystic fibrosis; the 500,000 cases of multiple sclerosis; the 200,000 cases of muscular dystrophy of those between the ages of 3 and 13 (cause inherited from the mother lacking in proper food elements and Toxic elements in food and drink) and many other diseases.²

The wheat germ—it is a *germ* in the true sense—contains an element actually recognized by a very few. This element is a *vital, living, actual life-giving substance*. In its nature it is akin, and of the same principle, as the human Spermatzoon. It is the vital, living (having *reproductive power*), life-giving element, or principle conveyed to man and animal in whole grain and other seed-containing foods.

Fifty years ago, we and an Associate named this *undefinable* something as "Nuclein," just as the basis of atomic energy is called *Nuclear*, for the reason that it is a nucleus or *source* of life, in the germ of the grain. To repeat:

The germs in grains contain *living* substances akin to the human Spermatozoon, capable of reproducing itself, giving rise to germination; growth and continuation of life, conveying this something to that, or those, that consume it.

One specific structure contained in the cell (the *germ*

² This will be generally denied by all but the few who have any experiences with these diseases. Time will convince all concerned that this is true, and the popular demand now rapidly increasing will be for the restoration of the wheat germ in grain foods, and the elimination of all Toxic substances, *especially* such substances as Sodium fluoride in processed foods and liquids.

of the wheat) is the nucleus which contains a specific type of protein,³ the so-called nucleic acid,³ a combination of protein³ with ribose and phosphates.³ These nucleoproteins have the peculiar property that they can duplicate themselves as cells do in cell division.

³ This is the chemist's and biochemist's definition, or analysis, of the grain germ. These are the *natural, physical-chemical* properties of the seed (reproductive) *sperm*, but *not* the actual *life principle* of the germ or sperm. Give the chemist all of these named elements as obtained from the seed, let him combine them in the proportions he finds them in the sperm, and see if this combination will *reproduce itself*. *It will not, because in the tearing apart of these elements the spirit which is life, is lost*, but when the seed itself, not having been interfered with, is planted, it will germinate, because all its elements are as Nature developed them intact; cohering and forming an harmonious balanced whole. One great secret recognized by only a few of the *Life Biochemists*, is that when *in any manner, by any process*, either the vitamins, and especially the organic minerals contained in any substance used as a food, are separated, *they can never again be combined as nature had done, making reproduction possible*.

When such separation takes place, the balance is lost, and though single vitamins obtained from various substances do have vitalizing properties, it is less than one-third as when in its *primitive natural combination*. The "enriching" of foods with specific vitamins is a delusion, because such added vitamins are actually "Orphans" among other vitamins. They are interlopers and their action is such. Vitamins as in Nature were, and are, *balanced* by Nature, and *work in harmony*. Remove a single one of them and there is an *unbalance*. Thinking of this process of unbalancing recalls to mind the childhood nursery rhyme:

"Humpty Dumpty sat on the wall,
 Humpty Dumpty had a great fall,
 All the King's horses,
 And all the King's men,
 Cannot put Humpty Dumpty together again."

And certainly, science can do no better.

If grains are *consumed as a whole* by man, the natural, physical-chemical elements will be digested and metabolized, while the LIFE PRINCIPLE, the SPIRIT THAT IS LIFE,⁴ will be ABSORBED.

These are the reasons why so-called foods made of flours denuded of the germ permit, or cause, the development of the many crippling diseases to which man has become subject these past forty years.⁴ We are perfectly willing to be sneered at, condemned, perhaps thought "peculiar" if not worse, because of our contentions. Time will prove whether we are right or wrong.

If the denuding of the grains in making flour failed to do sufficient harm to those eating the foodstuffs made from it, processors—bakers and others—now use numerous additives both to the flour and in the process of food production. Some of these additives, later to be named more in detail, are Toxic in themselves, while others are destructive to the vitamins, enzymes and other nutriments still remaining. Beginning earlier, it was *agene*, trade name for *nitrogen trichloride* to bleach the flour, because housewives demanded white bread and cakes not realizing the harm lurking in them. The British, more alert to the interest and welfare of their people, experimented by feeding such bread to dogs, and found it caused them to suffer with what is commonly called *canine hysteria*. They quickly outlawed its use. The Food and Drug Administration in Washington followed suit. However, in the meantime, and for a decade and a half, millions of people had consumed this Toxic substance perhaps three times daily in their bread, and God

⁴ Fifty years ago in our text *Dietetics*, we named this substance "vital." We still call it *vital* or "spiritual" because the spirit that is *Life cannot be analyzed* by the chemist or Biochemist, and when attempted, it is lost, wafted away by the air, seemingly into nothingness.

alone knows the number of sufferers that may have resulted as a consequence.

With the discontinuation of the use of nitrogen Trichloride, did flour adulteration with Toxic substances end? *It did not.* Chloride Dioxide was substituted for it. Today numerous other additives⁵ are used in one way or another in the production of flour and the making of bread, cakes, biscuits, buns and the many other baked foods.

Many plead: Is there no method whereby one may obtain all the elements of the wheat to supply the system with them? There is. A method long followed⁵ by Russian peasants much as we do with barley and oats. We have reports that this is now being done by children in some American schools, and that the children delight in eating these sprouts when about one inch long. NO FOOD CAN BE MORE NOURISHING. OR FURNISH VITAMINS AND MINERALS IN MORE PERFECT FORM.

In a widely circulated reprint of an article written by Dr. M. A. Branden of Loraine, Ohio, and published in the NATIONAL POLICE GAZETTE, May 1957, issue, under the title:

⁵ *Agene* previously used, also found a substitute in bromides. Bromides have their application in so-called nerve soothing remedies in mental and nervous disorders, but have no place in food for generally well people. The physician, *not* the miller or baker, is the proper person to prescribe them.

⁵ The Procedure: Procure one of the many outfits now obtainable for this purpose. The grain is kept moist until its sprouts are about an inch long. The procedure is similar, perhaps simpler, than the sprouting of beans by the Chinese. These germinated seeds are in the fullest state of development, containing and releasing enzyme and protein mobilization. These sprouts may be eaten as is, be made into a salad, or slightly heated.

FOOD TO EAT

Guard Your Health in a Poisonous World

DEATH LURKS ON THE DINNER PLATE, IF YOU DON'T WATCH OUT! HERE ARE FOODS TO EAT THAT ARE APPETIZING, NOURISHING AND, MOST IMPORTANT, SAFE

The writer offers considerable desirable information but, in our opinion *how* grain foods should be prepared and in what combination with other food for balance and to maintain health. We quote more or less *verbatim*.

"CORN has been for centuries the basic food of the Indian population of North, Central and South America. The Indians have not been hospitalized in wholesale fashion with cancer, paralysis, poisoning of various kinds, and the myriads of diseases affecting the "modern" white population in England and the United States."

Unfortunately, Dr. Branden failed to make it clear as to whether the corn he had in mind was as NATURE CREATED IT AND MOULDED INTO A PERFECTLY BALANCED FOOD FOR MAN AND BEAST THROUGH A PERIOD OF MILLIONS OF YEARS, or the modern hybridized product which does *not* contain the REPRODUCTIVE germ with its SPIRIT OF LIFE⁶ and therefore is wholly unbalanced according to Nature's plan. The products made from it further denatured by being deprived of many of their most important elements, *i.e.*, minerals and vitamins. Even vitamin C so essential to life, is of little value because it is no longer *associated* with its native vitamins and minerals.

This has reference, of course, to the *corn raised* from actual hybridized corn and *not* THE hybridized corn from which other corn can be raised.

Quoting Dr. E. E. Pfeiffer:

"Most corn which is nowadays sold as hybrid is in fact a cross between cross breeds which still germinate.

Only a few are of the type of proper hybrids⁶ which are sterile. True hybrids have been produced by inbreeding and line breeding. Even of those types which will germinate a gradual decline of fertility is observed.

"Examples of three inbred lines are published in Handbook of Biological Data, edited by Wm. S. Spector. W. B. Saunders Company. 1956.

"These tables reveal that of one line after 26 to 30 generations of inbreeding the average height of plants was reduced from 117" to 92", of another line from 117" to 80", of the third line from 117" to 77". The yield in bushels per acre was reduced from 81 to 24, 81 to 18, 81 to 9, respectively.

"To the contrary heterozygosity (open pollinated cross breeding) yielded between 81.9 to 84.9 bushel as against sibbed inbred lines of 41.5.

"These facts more than anything else indicate the loss of nature's inheritance in a production which is only aimed at temporary quantity gains. While following nature's paths the fertility of the seed of plants had preserved itself over thousands of years, the modern practice of hybridization has succeeded to reduce the natural inheritance to about one-third to one-fourth in 30 generations.

"This degeneration of the viability of seed was already so alarming in the early twenties that an International Congress of seed breeders urged in a resolution all governments to take urgent steps to counteract it. Nothing has ever happened since. Quality production was the *only* cry one could hear."

Dr. Braden continues:

"In the Andes certain tribes live almost exclusively

⁶ Our reference throughout has in mind the true hybrid corn which is sterile.

on a corn diet,⁷ which provides their only source of protein.⁸ Such a diet has proven very satisfactory, since corn is a balanced food⁹ which provides proteins, fats, and carbohydrates, together with some¹⁰ minerals and vitamins.

"Experiments on cows have shown that when they are fed on acid-forming grains such as whole wheat, whole rye, whole oats, their urine is acid and they give birth to still-born off-spring,¹¹ whereas when fed on corn their

⁷ The modern white man could not maintain nourishment and health on corn alone even though it was native, naturally, undemineralized and sexed, (i.e., unhybridized). Why not, if these Indians can? Because the Indians have subsisted on it for uncounted generations, were born into such a diet, and their digestive and assimilative system adjusted itself from the beginning of time to such a diet. The white man adjusted himself to a mixed diet, and consequently requires the elements found only in a mixed diet to maintain health. It should be noted in passing, that the Indians did not subsist altogether on corn. They also ate various wild berries and numerous herbs which substituted for vegetables, just as we have new sassafras shoots and the "wild weeds and grasses" in Spring to prepare as we do later asparagus and other cultivated vegetables.

⁸ Corn is a balanced food in so far as corn is concerned, but it does not contain the many vitamins and minerals modern (white) men must have—because the system through time became in need of them to maintain a balanced state of health.

⁹ Protein is only one component of a normal, natural diet. Many other elements are essential for health, strength and vitality.

¹⁰ Just "some" minerals are not sufficient. It is essential for health and well-being that man live on a mixed diet sufficiently varied to contain *all* of the necessary minerals and vitamins.

¹¹ We question whether Dr. Braden based his statement on actual experience with cattle. No cattleman would so feed his cows. Their feed is a carefully selected combination of grains, mostly the discarded—the bran and middlings—the richest portion discarded in making denatured flour, a large portion of hay which serves the cattle the same substances vegetables do

urine is alkaline and they produce healthy calves. Corn is the only grain with a high fat content, being a source of lecithin¹² and other fats.

"A good way to use corn is in the form of an unleavened corn bread made from stone-ground cornmeal. It is best to use cornmeal that is organically grown,¹³ [that is, grown without chemical fertilizers], at present generally unavailable.

This statement might be highly misleading and a means to ill-health. Hybridized corn might be grown in virgin soil, or in soil built up to its maximum productive potentiality, yet such corn might be as inimical to health and well-being as corn grown in the poorest soil, because the SPARK ELEMENT—the Vital Spark, the Seed germ, the NUCLEUS, which balances and gives life-giving qualities to the corn, would be missing.

"MORE CHEMICALS ARE PUT IN FOODS

". . . To make such a corn bread, mix stoneground cornmeal with distilled¹³ water, and add some grated cocoanut¹⁴ and bake on a Pyrex¹⁵ pie-pan until done. Such

man, and *especially alfalfa* and soybean hay, rich in minerals and balancing elements. This statement is based on actual experience.

¹² The highest form of Lecithin is obtained from soybeans. Milk producers and raisers of pedigreed cattle depend heavily on soybean hay, sugar beet pulp, and sugar beet tops from a certain kind of sugar beets, containing the vitamins, minerals and neutralizers of acids. This statement also is based on actual experience.

¹³ In our opinion, distilled water is a detriment, not an asset, in maintaining physical well-being. It is of utmost importance to the physician and the chemist but not in diet.

¹⁴ Instead of cocoanuts, experiments have proven to us that better and more edible corn bread is made with cocoanut oil, peanut oil, or sun flower seed oil. These are the purest of all baking fats.

an unleavened corn bread is far superior to the wheat bread,¹⁶ regardless of whether the wheat bread is white or whole wheat.

The purest of water for human consumption is either rain or snow water. Next to this is spring water as it comes out of the earth uncontaminated and unadulterated. In this water, when examined by the microscope, will be seen millions of living creatures. These are *not* bacteria—not disease germs—but considered by many who have given serious consideration to the subject, to have the same object in water for drinking purposes, as does the wheat germ in wheat. That they contain a *vital, life-spiritual principle* that in turn gives life to the Spermatozoon in man. Naturally, this concept will be sneered at on the bases of the present state of knowledge regarding Life Chemistry, and perhaps even Biochemists will deny this, but that does not disprove that such may be the fact.

The Biochemists, among them Dr. Pfeiffer, have their own explanation:

“The water is penetrated by the *principle of life and light* as seen in its contents of oxygen and the minerals—phosphate and magnesium as carriers of the light so essential for the enzymes which support photosynthesis.

¹⁵ The suspicion is rapidly growing that no aluminum should be used in the preparation of foods; that no food should come into contact with it; that it is cancer producing. Thousands, perhaps millions of people are discarding all aluminum ware, replacing it with (a) iron like our forefathers used; (b) copper lined utensils—rather difficult to keep clean; (c) steel ware; (d) Agate ware, and, or, (e) Pyrex.

¹⁶ We take exception to this statement for the reason that the *Vital principle*—as yet not collorated by the chemists—in the wheat germ, is of the utmost importance to health of mind, body, and potency. If corn bread is to serve the same purpose in the diet as bread made of wheat, it must be well combined with fresh and boiled vegetables.

Man's life germ and the *germs* in water are vital forces, though they are *not* germs in the sense of bacteria.

"White and whole wheat bread are both acid-forming.¹⁷ White bread, made from devitalized and demineralized white flour, is little short of [being a] poison which sets up a chain of cumulative poisoning; whole wheat bread, on the other hand is (even) more acid forming.

"WHOLE BUCKWHEAT, known as 'Kasha' among the Russians, who use it as a basic food, while not equal to corn or millet, and slightly more acid-forming, is less acid forming and superior to the whole wheat, oats,¹⁸ and rye, the three grains most commonly used. Buckwheat is

¹⁷ Even in their most natural state, many foods are acid forming. Most proteins are. This is essential to health. The danger is in not combining neutralizing foods with them. This is readily accomplished. In arranging a meal containing acid forming foods, the addition of a baked potato, or even better, a baked potato *and* fresh vegetable salad with cottage cheese as a dressing, are ideal in all instances, and under almost any condition. Such salads should always be freshly made.

¹⁸ Oats is a superior food in many respects. Very few of the millions who have been consuming their morning oatmeal, are aware that oats, if *undenatured*, contains an *active vital principle* known in medicine as *Avena Sativa* and used in medical practice as a natural stimulant. However, it is equally certain that few of these millions are aware that the full value of whole *undenatured* oatmeal, and even of the denatured, cannot be obtained unless it is cooked very slowly and for a long time. This is true even of those varieties supposed to require only a few minutes to cook. The cells of oatmeal must be combusted by slow and long boiling. Overnight on a warm stove is best.

To make this statement that oats contains such a vital principle more impressive, we need only recall the old "saw" in referring to a vitally alive horse: "He is feeling his oats," having reference to the vitality building element in oats.

cooked like a cereal by first toasting the grain and then pouring the whole roasted buckwheat into boiling water.¹⁹

"Wild rice"²⁰ is an excellent food free from chemical fertilizer, since it grows in water. Brown rice can also be used occasionally, though more acid-forming.²¹

"Whole barley is a basic food among Indians of the Andes,²² who use it cracked and then cooked in soups . . . or in the form of toasted barley flour. . . . Barley has been found best for babies, who appear to tolerate it better than most other grains."²³—*Emphasis and interpolations*

OATS.

¹⁹ The most common method for making use of buckwheat flour is in baking buckwheat cakes and muffins, or mixing it with various other flours in the preparation of bread and cakes. An always delightful and nourishing breakfast is that of buckwheat cakes with a small amount of honey.

²⁰ Wild rice is an excellent grain food, perhaps richer in mineral elements than all other grains with the exception of oats. It was as basic in Indian food as corn. It can be prepared in many different ways.

²¹ Referring again to acid forming foods, those who are sensitive to such foods, as well as the invalid and those troubled with nervous indigestion, or lack of nerve force, will help themselves greatly by soaking barley for six to eight hours drinking the barley water, and using the barley in making vegetable soups; or by adding okra, fresh or powdered, to their vegetable soups, and on their salads. These are acid neutralizing foods and soothe the lining of the stomach. We have known of many instances where this cured ulcers of the stomach caused by eating too much acid foods, alcoholic drinks, or mental-nerve reactions. Citrus fruits and berries also are neutralizing agents except when consumed beyond the capacity to fully digest them.

²² Many Americans made use of barley as a food in one way or another, generally by first soaking it for a long time and then cooking it with soups. It is much easier to digest than when toasted.

²³ During the years we have instructed mothers to mix both

We have dealt largely with the fact—it is a fact—that the SPIRIT OF THE GERM IS MISSING IN HYBRID corn because knowing this is of utmost importance. Experiments painstakingly made have established the fact that other elements of great value also are missing in such corn as fed to the cattle and fowl, and in the flour made from it. Among these experimenters are Ernest M. Halbert of McNabb, Illinois, who as early as 1950 appeared before the Federal Food and Drug Administration to make known the results of their experiments. Among other things, he states:

"We found . . . Hybrid short of NINE MINERALS (mostly trace elements formerly thought of little value) and as usual this Hybrid failed to pick up cobalt, and eight other trace minerals, although the soil tests showed that a . . . [the plots where corn was grown containing it.]

"The reason I mentioned cobalt is that we found that in the 16 farms in the test NO Hybrid picked up cobalt, and in ALL the tests, the Hybrid was short 7 to 9 minerals, ALWAYS including the failure to pick up cobalt.

". . . we KNOW that the core of Vitamin B-12 is composed of cobalt. *So just what does that mean to your children and livestock?* . . . Dr. Allison and others found *that lack of cobalt is instrumental in the cause of Brucellosis and Undulant Fever, and cobalt is named as a cure.*"—*Emphasis ours.*

This lack in the corn fed to milk cattle is also lacking in the milk from such cows and though such milk is Pasteurized, it remains, because of this lack, a prime cause of this disease in children in addition to the millions of cases of anemia, especially in children.

barley and okra flour with milk, or in puddings, and begin feeding this when weaning time arrives. Only the best results followed. This is readily accepted because they are practically tasteless. Okra flour is best because it eases the cramps in children when due to acidity, and it is a highly nourishing *natural food*.

According to reports it would appear that scientists in Johns Hopkins University have learned that which Dietitians—now generally known as Nutritionists—knew fifty years ago, *i.e.*, that THESE TRACE MINERALS WERE ASSOCIATED BY NATURE THROUGHOUT THE CENTURIES FOR THE PURPOSE OF BALANCING AND HARMONIZING THE OTHER MINERALS TO MAINTAIN HEALTH AND STRENGTH IN MAN AND ANIMAL, AND THAT ANY one of these elements removed WILL DISTURB THE BALANCE IN NATURE, *i.e.*, FOODS, AND RESULT IN UNBALANCING THE PHYSICAL, MENTAL STRUCTURE IN MAN. Disease—UNBALANCE, *is inevitable*. Trace elements once separated from associate elements, may be again mixed with their native elements but WILL NEVER AGAIN WORK IN HARMONY WITH THEM.

“... Every time a natural substance is removed from a food,²⁴ every time an adulterant is added to a food, the balance of nature²⁵ is disturbed.

“... The chemical and cellular processes within the body cells *cannot react* to the whims of the chemist without disturbing its function. It takes thousands of years²⁶

²⁴ When the wheat germ is taken out of the wheat in making flour, the *most vital* of all elements is removed. This upsets the chemical balance of food prepared from this denatured flour, with the results that it upsets the entire digestive and assimilative system of those eating it. When corn is hybridized, then the corn raised from such hybridized seed has the *most vital* elements removed and the same results must follow. This is equally true when the vital germ is not contained in the egg.

²⁵ The entire system is thrown out of equilibrium, an abnormality is established which directly affects body, mind and nervous system.

²⁶ *Perhaps* millions of years, during which primitive man changed from a purely meat diet to a mixed diet, were required to change the entire intestinal tract. Equally so, in conjunction with man's change, it took millions of years for Nature to de-

for the body to adjust itself to changing environmental conditions. When these conditions are suddenly altered by the actions [interferences] of men, the cells *cannot* make the adjustments—*disease is the result*. Dr. Edward J. Ryan, Editor, *Dental Digest*.—*Emphasis ours*.

Tom Douglas Spies, M.D., made this clear when, before the American Medical Association, Atlantic City, 1957, he said:

“All diseases are caused by chemicals,²⁷ and all diseases can be cured by chemicals. All the chemicals used by the body—except for oxygen—which we breathe and the water which we drink, are taken in through food. If only we knew enough, all diseases could be prevented, and could be cured, through proper nutrition.”

“... As tissue becomes damaged because they lack the chemicals of good nutrition,²⁸ they tend to become old. They lack what I call ‘tissue integrity.’ There are people of 40 whose brains and arteries are senile.²⁹ If we can help

velop the wheat seed that it would contain all the elements for man’s requirements, including the Vital Life elements, the wheat germ — *germ of life*.

²⁷ Just as the properly selected chemicals missing in the body when supplied, will cure diseases, just so will both the *denaturing* of food substances of its chemicals, and the addition of *unindicated* chemicals, *cause diseases*. The true physician will make every effort that the ill be supplied with the proper remedies and vital substances, thus helping his patients to avoid ingesting chemicals that would gradually destroy the balance of the system.

²⁸ *Denatured* foods, balanced by Nature throughout the ages and then *unbalanced* by *denaturing* processes, *cannot* furnish the chemical balances which *assure* good nutrition, hence the universality of physical-mental weakness from which America as a nation suffers.

²⁹ The addition of Toxic chemicals to our foods which *can properly be prescribed only by experienced physicians, in ab-*

the tissues repair themselves by correcting nutritional deficiencies, we can make old age wait."

normal conditions we know as disease, are even *more potent* to cause diseases of mind and body, than the lack of natural chemicals and vital elements in food. The two in combination sound the death knell of the health of the nation.

CHAPTER TWO

Section Two

Explanations or Apologies by a Baker of Bread

One of the Associates of the Humanitarian Society sincerely interested in natural foods, wrote to one of the largest bakers in America, recognized generally as producing a superior bread. It is enlightening to quote from the letter he received in answer. We offer our comments on the explanations made; statements that are excuses rather than facts.

"Sodium or Calcium propionate has been recognized by the Pure Food and Drug Administration and standardized as an optional ingredient in bread. Bread, along with many other foods, is susceptible to mold growth.¹ This mold develops irrespective of the purity of the ingredients or baking practices,¹ as mold spores are airborne and are found practically everywhere.¹

WHAT OTHER INGREDIENTS should enter into the baking of BREAD—real bread—other than flour, yeast and possibly milk or boiled potatoes? Is the molding in present day bread due solely to the denaturing of the flour, TAKING THE LIFE—VITAL SPARK out of the wheat—or to ingredients added? Are bakers less capable of producing a staple food, than were our grandmothers and mothers?

¹ We have already dwelt somewhat on this subject in other chapters of the book, but feel it highly desirable to give more specific consideration to this additive and the excuses for its use.

It is true that bread is subject to mold after a certain period, but we question this writer (apologist) as to what happened, or did *not* happen, when our grandmothers and mothers baked their own bread for the family, using the *undenatured* flour, and kept this bread free from mold for a week to ten days, and as sweet, though possibly not as soft, as the day they baked it?

Did these "airborne spores" not exist during the days of our grandmothers and mothers, or has Nature given them birth since then for the devilment of men so that now, it is necessary that in addition to eliminating the LIFE IN THE WHEAT, it is also essential to add additives that the bread may keep "fresh" *i.e.*, preserved, or "embalmed" for a longer period of time; additives may not be Toxic but retard digestion, creating gas and possibly stomach irritations.

"Propionates are natural constituents of some foods.²

In a good Swiss cheese, for instance, the concentration of propionate *placed there by* NATURE is considerably higher than that which we place in our bread.²

"We make the finest bread being made today, using only the highest grade ingredients,³ and the very fact that ... contains such a rich mixture of food ingredients⁴ makes

² If, and when, propionates are found *naturally* in some foods, then it is *natural*, *i.e.*, organic, and part of the *nature* of the food, but when it is placed into foods in preparation, it is neither natural nor organic. The writer inadvertently acknowledges this when he (or she) makes the statement that in Swiss cheese the *propionate is placed there by nature*. It is then part of the nature, or constituents of that food, just as are the vitamins and minerals originally contained therein.

³ We must repeat, what other ingredients should be used in making "Bread," not a conglomeration of items called bread. We, in our youth, watched the making of flour in a large custom family mill, and all we ever saw was the grinding of the wheat, taking this wheat flour to the kitchen, preparing it with yeast and boiled potatoes, baking it and consuming it, and in all our seventy-nine years we have never tasted a fabricated baker's bread that tasted as sweet, or kept as well.

⁴ What possibly can be the "rich mixtures" in baking a *real* bread other than the *whole* of the wheat, with the possible exemption of the coarse outer cover? A bread that is to give life and vitality to the body, energy to the brain, and stability to the nervous system? What is the answer?

it more susceptible to mold growth than if it were a 'leaner' loaf.

"From the time it leaves our ovens to the time it is consumed, we feel that it is in the interest of our customers that this natural⁵ mold inhibitor be used.⁶

"Our brand of sodium propionate is . . .⁷, and bears the seal of . . . I feel sure that were . . . harmful in any way, the Government would not permit its use in food products.⁸

POSTSCRIPT: Proofreading this copy we have received information that one of the largest bakeries in the Midwest labels their products thus:

"We use the best of ingredients—Fresh creamery butter, golden honey, non-fat milk . . . White loaf, *unbleached* flour . . . Wheat loaf, 100% *whole wheat* flour. NO PRESERVATIVES ADDED."—*Emphasis ours*. Processors are becoming wise.

⁵ Is it "natural?" If it is, why is it any more necessary to "manufacture" it than it is to *manufacture* the wheat from which the flour is made?

⁶ It may be of "interest" to the customers who buy and eat this bread, but *is it to his health benefit?*

⁷ We have stated that it is our desire to investigate, to make research or have Biochemists do it for us, but not to act as accusers of persons, hence we avoid using names whenever possible.

⁸ This is a "stock phrase." The Government, as so frequently pointed out, is without authority until *after* complete tests have been made. There are hundreds of additives, some decidedly Toxic, in use by food producers because the Government has not had the time to test them and the processors are not forced to prove them unharmed.

CHAPTER TWO

Section Three

EMBALMING FLUIDS IN CEREALS

***As with bread and several other staple foods, both
Children and Adults are the Victims of
Poisonous Additives in their Cereals***

Under the title of "*Embalming Fluids in Cereals*," the *National Police Gazette* in its June 1957 edition, printed an article exposing the adulteration of the almost universally daily consumed cereals. We quote from said article, giving full credit to the GAZETTE, adding comments in footnotes:

"HEALTH officials in most of America's 48 States are alarmed at the threat to the nation's health from the increasing use of dangerous and untested chemicals in foods.¹

"This grave concern has been expressed in confidential letters written to a Congressional Committee, urging a strengthening of the Federal food and drug laws. *The State health officials* admit that *they are powerless to stop the widespread contamination of America's food supply with dangerous chemical additives.*¹

"Formaldehyde² is a chemical used in embalming

¹ The "grave concern" by the people is fully justified by the fact that although Congress passed a bill during the last session, it contains a "grandfathers" clause relative to the additives now being used. Moreover, there are what are generally known as "but" and "if" clauses which do not entirely prohibit additives even if known to be Toxic. These additives are supposed to be "controlled" in their use. If this were to be done effectively, it would require an army of inspectors.

² While it has long been known that formaldehyde has been extensively used in milk processing, we believe that McGrath, the writer of the *Gazette* article, is the first to show that this

fluids—and you would not expect to find it in food. But it is widely used in many parts of the country to conceal decomposition in dairy products. It is used in many restaurants, for instance, to *preserve breakfast cereals*. There is evidence, too, that it may be finding its way into the packaged cereals that are sold the public.

IT IS HIGHLY IMPORTANT FOR THE READER TO BEAR IN MIND THAT IN COUNTLESS INSTANCES CHILDREN HAVE CEREALS WITH MILK FOR BREAKFAST. THE MILK MAY CONTAIN THE ALLOTTED AMOUNT OF FORMALDEHYDE AND THE CEREALS *likewise* CONTAIN THE PERMITTED AMOUNT. *The Result: A double* AMOUNT OF THIS POISONOUS SUBSTANCE IS CONSUMED, POSSIBLY DAILY, BY MILLIONS OF CHILDREN.

"Just how serious the situation is can best be seen from the written evidence given by State officials themselves. Many of the "bargain" steaks sold in restaurants today are soaked in water, dextrose, a glutamic chemical and flavoring. Labels listing these chemicals on the shipping crates are never seen by the public.

A Director's Report

"Here is what the Director of the Division of Food and Drug Control of the Arkansas Board of Health stated in his confidential report to the Congressional Committee:

" 'In carrying out the responsibilities with which we are charged, *we have found that it has been a common practice to add chemicals to such food items as ground meat and some others in an attempt to preserve them. Also,*

embalming fluid and surgical dressing, is also used in cereals. This exposure is of especial importance because it is questionable if there is a family in America in which at least some members do not have cereals for their breakfast.

we have found that milk producers sometimes add chemicals to their milk in an attempt to remedy poor sanitation and inadequate refrigeration. We feel that chemicals should never be used in food products for these purposes.

" 'Our laboratory facilities have not been such that we could carry on any appreciable amount of research on toxicity of chemicals and we have had to rely entirely upon cooperative agencies for this information. We have followed the work of the Federal Food and Drug Administration and other agencies in this field *and sincerely believe that Federal legislation should be enacted requiring that chemicals introduced in foods shipped in interstate commerce should first be demonstrated to be safe to the satisfaction of the Federal Food and Drug Administration.*'

"Many health officials admitted that, in addition to the chemicals already in use in our food, there is a constant supply of new chemicals being put into food—and the toxic effects of these additives is never thoroughly investigated before use.

"The Executive Director of the Colorado Department of Public Health reported:

" 'Today many new insecticides, rodenticides, and fungicides are being used which are *definitely toxic* and their toxicity levels on the end products have not been ascertained.

" 'Colorado has no definite legislation yet on this matter.'

Need to Experiment

"From Connecticut, the Supervisor of the Food Division of the Food and Drug Commission, made this comment:

" 'Here in Connecticut we have not done any research on the toxicity of chemicals, but *do feel* there is a wide field that should be experimented in. The modern trend is

towards more and more chemical substitutes and imitations in foods, with little or no information as to the immediate effects they may have on humans or the effects of continued use.' And from the Bureau of Foods and Chemistry in Pennsylvania:

"We believe that some form of control should be worked out so as to require satisfactory proof as to non-toxicity *before*³ new chemicals may be added to foods.'

"We do *not*⁴ have any specific requirements as to satisfactory proof being established that new products are not deleterious before being used."

"Just how little consideration is given to the health of the general public is revealed in this letter, from the Director of the Industrial Hygiene Division of the Public Health Department of Georgia.

"We have been greatly concerned with some of the newer insecticides and the manner in which they are used. Of course . . . we are primarily interested in protecting the people who formulate the insecticides and those who apply them. *We have not done any work on the residual effects as they pertain to foodstuffs.*

"From coast to coast it is the same story of inadequate laws and—in some cases—no controls at all over the poisonous substances that are being put into our foods."

³ This will receive full consideration in a later Section.

⁴ While this is a repetition of what many have said, it is further proof by an official that there are *no adequate* protective Laws despite all that has been claimed to the contrary.

CHAPTER TWO

Section Four

Antibiotics in Milk Presents Problem to Dairy Industry

Under the above caption the *Seattle Time*, April 6, 1958, published an article of great interest to all seeking for the truth in relation to food additives. While there is possibly nothing in this article which we have not already said, it does add substance thereto and should help to awaken the people to the constant danger to their physical health and mental balance.

"Antibiotics are becoming as commonly used in control of dairy-animal diseases as in human ills.

"Most dairymen are aware that even a trace¹ of these drugs in the milk either reduces or destroys bacterial growth² necessary in the making of Cheddar and cottage cheese, cultured cream and cultured buttermilk.²

"Apparently, however, dairymen are not aware that a lot of milk that goes for use in these products contains

¹ It is highly important that it be noted that "*even a trace*" of these drugs, antibiotics or additives in the milk, has the potency to destroy the bacteria which would, *by orderly and natural process*, age, cure or prepare the milk for the making of certain kinds of cheese, cream for certain purposes, and the processing of milk in which lactic acid should have developed. Old time buttermilk is impossible without the formation of lactic acid.

² If these drugs, antibiotics and additives, are powerful enough to destroy the bacteria necessary for the orderly manufacturing process of milk, how much more so are they capable of destroying the health of the people who consciously or unconsciously consume them, bearing in mind that "bacteria" of many kinds are an absolute essential in these foods to maintain health, and the normal functioning of body and mind?

these drugs. With the more widespread use of antibiotics, the problem is becoming more pronounced—so much so that it is causing major concern in the manufacturing milk industry and among dairy scientists.

"It is emphasized, however, that the presence of antibiotics in milk is at present no problem from the standpoint of the consumer.³

"Lyle Searing, chief of the milk-sanitation section, Seattle, King County Department of Public Health, said: "The dilution of antibiotics of milk in this market is so great that no possible harmful effects⁴ could come to consumers, but a mere trace destroys the cheese-making value of the product."

"Dr. H. A. Bendixen, Washington State College dairy scientist, who recently headed the State College In-

³ This is an entirely erroneous statement. Men of experience and universal recognition engaged in making experiments, have time and again warned against the danger of penicillin and formaldehyde in a large number of milks tested. Moreover, it is known that many processors of milk either for sale as milk, or for food products, finding that the milk contains antibiotics so that it is impossible to use it in a normal, natural manner, use additives to offset the change antibiotics have brought about, and these additives interfere with the normal digestion of the foods so prepared. There is therefore, actually a double danger present in such foods if indeed, they may be honestly called "foods."

⁴ This is certainly a highly contradictory statement. It is admitted that the antibiotic content is *so small* that *no harm* can come to consumers, but that an infinitesimal amount is capable of ruining the milk for manufacturing purposes. This statement by an accepted authority is in contradiction to the finding of those engaged in various investigations and experiments. Moreover, and in further contradiction of this "no harm" theory, no physician, as we have pointed out time and again, would prescribe some of these antibiotics or drugs except under his *personal* and *constant* supervision.

stitute of Dairying, reports that the problem of antibiotics in milk is causing major losses to Washington dairy plants.

"The situation is not peculiar to this area. Dairy scientists from Minnesota, Iowa, other states and Washington, D. C., report the same trouble.

" 'Losses from milk adulterated with antibiotics are high because of the difficulty of detection,' Benedict said.

"Dairy plants have no quick way of determining the presence of antibiotic in milk.⁵ Detection requires several hours. Milk from animals treated with penicillin and other antibiotic drugs for mastitis and other bovine diseases must be withheld from shipment for three days following treatment.⁶

"Some dairymen are not doing this. When this happens the entire lot of milk into which the adulterated product has been mixed is spoiled for use in *cultured dairy products*.⁷ Because this problem has been growing, it now

⁵ Here is a frank admission that as of now, the processors of milk have no way of destroying the presence of either small or large amounts of Antibiotics, among them penicillin, found so dangerous to health if unwisely ingested. It is also admitted that in general they have no knowledge of their presence unless they attempt to use the milk for processed cream or cheese, and that the *milk bottled as milk, and sold as milk for human consumption, carries no protection against the dangers it contains.*

⁶ This is a further admission that in practically all instances there is absolutely no supervision over the milk producers other than their own conscience as to whether they will, or will not, use the milk of treated cows for a certain time. Human nature being what it is, and the *milk producers profits generally not too great, just how much protection is that?* Those who make use of these antibiotics need not even sign for those he buys and uses in his business.

⁷ This frankly states "cultured dairy products" or processed milk in the form of certain cream and cheese, but does not include the milk sold to the trade. The consumer has neither warning nor protection.

represents high losses for some dairy plants. State and federal laws now declare milk containing antibiotics to be adulterated.⁸

"One facet of the efforts to overcome this problem is extensive research on developing a quick test for the presence of antibiotics in milk.

"Progress is being made toward such a method. Dr. Ralph P. Tittsler, dairy research scientist for the United States Department of Agriculture in Washington, D. C., reported recently that a fast fluorescent test for antibiotics in milk⁹ is now in the experimental stage.

Dr. Tittsler said the process would include addition of a fluorescent marker or dye to antibiotic preparations used to treat mastitis and other problems.

"The mixture colors the milk from treated cows for at least 48 hours and can be detected with ultraviolet light for 96 hours.

" 'Presence of an antibiotic in milk after 48 hours'¹⁰

⁸ The law so declares, but in how many instances where it has been necessary for the dairyman to use antibiotics was there at hand anyone to test that milk for the presence of antibiotics? The only answer to this is found in the number of instances where milk was tested and such antibiotics found present. It is not human for processors of milk who receive a mixture of milk from many producers to discard the entire shipment because of its antibiotic content, the fact being that possibly only one or two out of a collection of fifty producers, used the antibiotics. What is the answer? Is there one?

⁹ This would appear to be the answer if the system, once perfected, were enforceable. However, here again there is a gross weakness. This would require the constant presence at every plant of an honest inspector to test all milk. A hoped for solution might be found if processors refused to pay producers for milk containing antibiotics.

¹⁰ The time element is a weakness in this method. Considering the time of milking, the long distances covered in collecting

shows up by the luminous glow of the fluorescent dye when an ultraviolet light is flashed on the milk,' Dr. Tittsler said.

"In the investigations to date, conducted by H. E. Hargrove of the U.S.D.A., the dye has not reduced the effectiveness of antibiotics for treatment, nor has it been toxic or irritating to treated cows.

"Dr. Tittsler also said many of the undesirable weed or feed flavors in dairy products soon should be a thing of the past.

"Many dairy plants are installing equipment to eliminate these volatile flavors. These plants report a marked improvement in the flavor of cheese and other dairy products, the scientist said. The equipment is attached to the pasteurizer and uses live steam or a vacuum to pull off the undesirable flavors.¹¹

One of our readers mailed us a clipping containing much common sense. The date of the editorial is April 16, 1958, but unfortunately the name of the Newspaper is not given. We credit wherever credit is due:

"Prove It First

"A major principle of law in the United States is that a person is innocent until proven guilty. It is a good principle, as to persons.

"As to food, the idea is unsound. We want food

the milk, and the additional time required before test can be successfully made, nullifies the value of the method, and at the same time reduces the value of the milk as a food. Milk, like all foods containing essential vitamins, is at its best when consumed as fresh as possible, preferably when still warm.

¹¹ Since practically all coal tar dyes have been found to be possible cancer, or other disease causitives, will the use of these dyes not be as detrimental to health as the antibiotics?

tried and found innocent of harm before it is put on the market.

"Otherwise the trial sometimes comes too late, as shown in articles published this week from THE COMMERCIAL APPEAL WASHINGTON BUREAU. About 150 chemicals are being added to food without waiting for laboratory tests and medical testimony to establish that they can be taken into the body safely.

"Most of the big companies processing food get the proof before they add the chemicals,¹² and there are many more unproven chemicals than there were a few years ago. But taking a new preparation to the Federal Food and Drug Administration and waiting for the testing is only a voluntary precaution.¹³

"For the uncautious and for the unscrupulous, who continue to use a product after the FDA has found it poisonous, a law to protect the public is necessary. A House investigating committee has recommended such a law. Representative *James J. Delaney* (D., N.Y.) wrote one. The Food and Drug Administration staff wrote a milder law.¹⁴

¹² This statement is in gross error. The present Pure Food Laws as so frequently repeated, does *not* require the processors to either know, or prove, whether or not an additive is wholesome or harmful and, in passing, that no known additive is really of value to the human body. It is because of this laxity in the Law that so many harmful additives are being used.

¹³ This is only a precaution on the part of the processors to protect themselves, *not the public*. As of the moment, the Federal Food and Drug Administration has neither the time nor the facilities to make such tests except in a very few instances, and except in an emergency, may require years before the test will be made.

¹⁴ Such a milder law, the Hill act, was passed at the last session of Congress. It is considered as of little value for the actual

"Both rest, under six years of dust, in a congressional pigeonhole. Is action waiting for a few sensational deaths?"¹⁵

protection of the people who feel they have been betrayed, and who we are led to believe, will demand the enactment of a stronger law at the next session of Congress.

¹⁵ The number of fatal diseases and deaths continually mounting may cost the processors of food who oppose a protective Law very dearly. Past incidences clearly indicate that when the rights of the people were unjustly infringed upon to their detriment, the penalty to the aggressor was great.

CHAPTER TWO

Section Five

Candy, an Uncontrolled Concoction Much of a Toxic Nature

If the question were asked: WHAT DO CHILDREN UP TO THE AGE OF ADOLESCENCE CONSUME MOST, *Bread, cakes, pies and other foods made with DENatured flour, or candies and other sweets, containing very few natural substances that can be classed as "food," few would be able to answer factually.*

One thing is certain, when you want to please your sweet-heart, wife or children, and you hand them a box of that luscious looking candy, you will delight them. Unfortunately, you are almost certain to hand them a Toxic concoction that, though a delight to the eyes and most pleasant to taste, is all too frequently poisonous to body and mind.

Instead of offering our own conclusions, the result of experiences, our recourse is to an article which appeared in *The Police Gazette*, December 1957, prepared by Bob Hartford, and a statement of non-food elements, drugs described by Merck, used in making various candies. Quotation marks are used when we quote *verbatim*:

"When you give someone candy with the thought to please them, you may be giving someone a free ride to the hospital or worse.

"For the terrifying fact is—as Government medical experts have proven and pointed out—that a substantial portion of all the candy manufactured in America contains chemical additives that may be damaging the health of the consumer—and EVEN BE CANCER PRODUCING.

"Candies look more appetizing than ever, but no longer do they contain, except in minute quantity, the

natural ingredients that formerly made them both delicious and normally healthy.

"Most candy today—in fact all sweets—are filled with artificial flavorings, colorings and preservatives. As much as 90 percent of some candy is a concoction of preservatives, anti-oxidants, stabilizers, thickeners, buffers, acids, synthetic coloring, flavoring and other chemical agents, many of them toxic.

"As stated numerous times before, and requires repeating to impress the facts on the minds of the people, under the present laws, *Food and Drug Administration officials can do nothing to stop*¹ the use of these chemicals.

Following closely on the heels of this episode, it was discovered that certain hair sprays were potentially dangerous. Again the Pure Food and Drug Administration took action. *The Tuscon Daily Citizen*, March 14, 1958, under the heading:

"LUNG INFILTRATION

"Is Your Hair Spray Potentially Dangerous?"

"By Delos Smith

"NEW YORK—UP—Chest X-rays of two young women caused some scientific hair to stand on end. Both sets of lungs showed an extensive 'infiltration process'

¹ This statement is basically true if the letter of the law is followed. However, it is not always true in action. A late instance proving this is illustrated by an act of the Pure Food and Drug Administration when it was found that certain widely advertised polishes were deforming the finger nails of many women using them. Following the publication of the danger in various newspapers the public reaction was such that, Law or no Law, the Pure Food and Drug Administration acted with vigor, and the manufacturers quickly withdrew the offending, deforming article.

which meant that something was being breathed into them but was not being breathed out.

"That isn't good, as you will see, and so three doctors investigated the young women with a who-done-it thoroughness. Neither worked with chemicals nor in places where there were fumes of any sort. There seemed no clue until it was found that both used hair sprayers.

"As Drs. Martin Bergman, Jerome Flanck and Herman T. Blumenthal of Jewish Hospital, St. Louis, remarked in their report: 'Hair spray is currently one of the most widely used cosmetic preparations.' Offhand you might not think users inhaled much of the stuff, they added.

"But the residue of a hair spray was injected into guinea pigs and after the passage of enough time to permit 'transportation,' the scientists found clear changes in certain cells of liver spleen. They were characteristic of changes known to go with substantial infiltration of foreign substances with large molecules into human chemistry. Among these substances are natural and synthetic resins such as those used in hair sprays.

"In body chemistry, these substances are very slowly broken down and disposed of. While this is going on, they're kept in storage in fat depots. The extent of the harm which could come from this is not [yet] thoroughly understood—it might be extreme or slight.

"In all too many instances the officials of the Food and Drug Administration are not even aware of all the chemicals that are being used in candy, or how harmful they are, and remain ignorant of it until some serious poisoning occurs and the public is aroused."

According to reports, the Food and Drug Administration again acted with admirable speed.

To return to the *Police Gazette* article and the subject of candy:

"When the *Police Gazette* asked why *titanium dioxide*, which is a derivative of a metal, is used in making candy and what nutritional value it possessed, an FDA spokesman replied:

" 'I don't know. I don't even know if it is used in candy. We have no standard for candy. We cannot always tell what goes into it.'²

Even the FDA, appointed to guard the health of the people, do not always know because there is no Law for the protection of the mass, and is empowered to do little or nothing except in emergencies. WAKE UP BEFORE IT IS TOO LATE AND YOU FIND A LOVED ONE BECOMING SERIOUSLY AFFLICTED. This is an instance where the officials of the FDA are not responsible. YOU ARE, *for not demanding the enactment of enforceable protective Laws.*

"According to one of the Government's research councils, *titanium dioxide* is employed in the making of some candy to give it a white pigment. This chemical, 'the READER WILL NOTE,' *is also used to make enamels, linoleum, artificial leather and as a white pigment in paint, lacquer, rubber plastics and shoe creme.*" YOU AND YOUR CHILDREN INGEST IT AS CANDY. No physician has yet said, or been able to say what it does to the human stomach.

"An epidemic of food poisoning broke out in a mid-Western town after children had eaten some appetizingly colored hard candy. One mother was suspicious enough

² You parents, with a family of lovely children, do not even know what deadly substances, possibly cancer producing, they are consuming when they are eating candy and other sweets. No one knows excepting the manufacturers and they do *Not* appear concerned.

to send a sample to the Food and Drug Laboratory to be tested.

"The test was made by Dr. Bert J. Vos, assistant chief of the Division of Pharmacology of the FDA. Reported Dr. Vos:

" 'When the candy was tested on human volunteers, of which I was one, the result was a marked abdominal griping and diarrhea. In my case the effects were produced by six pieces of the candy. Other volunteers had only one piece with the same results.'

"Further tests traced the poison to coal-tar dyes in the candy. When these artificial colorings were fed to animals they caused *serious liver damage*.

Poison in Flavors

Again the curse of unholy profits

"Let's examine the flavor in the candy you and your family consume. Natural flavors are easily obtainable, but are rarely used BECAUSE THEY ARE EXPENSIVE AND THEY SOON DETERIORATE.

"In their place, cheap artificial (synthetic) flavors are substituted, despite the fact that many of them are derived from dangerous poisons.

"Among the flavoring chemicals used are *aldehydes, esters and ethers*. These impart cherry, walnut, pineapple, banana, vanilla and other flavors to candy."

Other Additives

ACETALDEHYDE—one of the *aldehydes*—is a flammable liquid with a pungent odor. Medical literature warns that it is irritating to mucous membranes and in large doses may cause death.

ESTERS *are used industrially to make enamels, paints and water-proof varnishes.*

ETHERS are used to make matches, dyes and photo-

graphic films. They can cause respiratory damage and can be harmful to the kidneys.

To prevent the ingredients in candy from drying and becoming brittle, humecants are used. In this class of chemicals are *mannitol*, *propylene glycol* and *sorbitol*.

MANNITOL, as well as going into candy, is used in the manufacture of dry electrolytic condensers.

PROPYLENE GLYCOL is used as a disinfectant.

SORBITOL is used in anti-freeze mixtures.

These are just a few of the strange substances you may be putting into your stomach when you eat a piece of candy.

The important thing to the candy manufacturer is to preserve his products for long periods, so that they may be months old before consumed.

"Here are two of the chemical preservatives used:

SODIUM BENZOATE—listed in medical books as poisonous; it can cause nausea and has been fatal. When used as a food preservative only minute quantities are permitted—because an overdose can bring the doctor to your bedside.

SULPHUR DIOXIDE is increasingly being used in various foods as well as candy. It is colorless, non-inflammable gas with a suffocating odor used industrially as a disinfectant.

Although these substances have been mentioned before as additives in various food preparations, and are warnings to be repeated, it was considered highly important to do so in connection with candy, because of its almost universal consumption by young and old.

FINAL WARNING:

In the consumption of the various candies and other concoctions, you and yours may be ingesting one or all of these synthetic substances, some pronounced cancer producing by experts, as mentioned in other chapters.

CHAPTER TWO

Section Six

An Example of American Food Unconsciousness

Perhaps next to candy, the orange is the food (it *is* a food because it is ingested as a source of nourishment) most consumed by the American people, ESPECIALLY THE CHILDREN WHO ARE MOST SENSITIVE TO THE INCEPTION OF DISEASE, hence the orange should be subject to the most thorough supervision. Is this being done?

Sunday, March 16, 1958, THE INDIANAPOLIS STAR published an article on the subject of oranges and the poisonous, possibly cancer-producing coloring matter used on them. It is so important that EVERY AMERICAN ADULT SHOULD GIVE CAREFUL STUDY TO IT:

"Canada Bans Eating of Colored Oranges

"New York (NAMA) How was that orange you had for breakfast—Tangy in taste and colorful as sunshine?

"Sounds great—but if you live in Canada, eating that delicious, golden fruit may have been a violation of a new law aimed at protecting you from cancer.¹

The United States Lacking in Protective Legislation

"In the United States, on the other hand, an equally new law makes that same colored orange perfectly legal—even if a bit dangerous. Somebody's got to be wrong. These appear to be the facts:

"President Eisenhower recently signed into law a bill permitting orange growers to color their fruit with dye made from coal tar. At almost exactly the same time, Can-

¹ The Legislators of Canada are far more health conscious than our American Legislators and have, throughout the past years, made great effort to protect their people against Toxic substances on, or in, their food.

ada outlawed the use of this same coloring on oranges. Health Minister Paul Martin told the Canadian Parliament the dye had been found poisonous and might even be a contributing factor in cancer.

"That the coal-tar dye is dangerous is well known to health officials of both nations. In 1955 the U. S. Food and Drug Administration banned its use for coloring oranges, stating it was not harmless. The FDA declined to list it among the dyes 'suitable for use in food.'

"In fact, the orange dye was reported to have caused sickness in hundreds of children who ate popcorn and candy that had been tinted with it. And small doses proved deadly to dogs on which it was tested.

"But the orange growers of Florida and Texas declared that use of this dye to color their oranges was indispensable to their business.² And on this basis they managed to push through Federal legislation that has suspended the FDA ban on coloring.

"Even the Law lifting the ban admits the dye might be poisonous.³ It specifies that fruit so dyed must be clearly

² The age-old story. If there must be a choice between profit, or the health of the people, (even if it subjects the people to the danger of contracting cancer) then profits must be protected. Can there be any other conclusion?

³ Can it be denied that selling such poisoned oranges to children or to parents for children to eat, is not on a par with selling any other poison to whoever will buy it, though poisons may only kill outright, while anything that will cause cancer also includes years of suffering, and an expense so great few people are in a position to meet it. Is this not a form of wholesale poisoning? Is it not actually similar, though far more serious than the acts of those who in former years poisoned the water where cattle were watered, or of those who poisoned the water that their enemies must drink, acts considered as crimes by all civilized people?

labeled 'color added'⁴ and it gives the citrus industry until next year (1959) to find a substitute dye that is not poisonous.

"The citrus industry itself concedes that the controversial coloring in no way improves the flavor or food value of the fruit. It is purely for appearance's sake. What the orange coloring does is give the fruit more eye appeal, thus protecting the retailer's profit margin. . ."

Those who eat the poisoned fruit or foods, are friends, fellow Americans, and not enemies.

"Some oranges, it seems, remain green after they are fully ripened. Others reach full color before ripening.

"In other words, the color on the outside of an orange tells little about the degree of ripeness inside. But green or unevenly colored fruit are a problem to dealers, because they do not sell as well as the perfectly colored varieties.

"The United States requires that a drug be thoroughly tested before it is approved for general consumption. But, oddly enough, this prior testing is not mandatory for chemicals used on food—and sometimes tragedy results.

"Not so long ago, a chemical called lithium chloride was sold as a salt substitute for persons on saltless diets. Several persons were killed before it finally was removed from the market.

"In the meantime, it is perhaps wise to go easy on

⁴ Even though the fruit is labelled, is this not in substance permission to dispense poison, a producer of a universally dreaded disease. Compare this privilege to the Laws compelling the long experienced, licensed physician who must sign for every drug that is under a certain classification, though it may not actually be in any sense dangerous. The fruit grower has greater rights and privileges than the physician.

licking or sucking the skin of an orange if it is labeled 'color added.' The skin you save may be your own."

Is there no remedy, no protection? There is. Help to see to it that your Legislators pass protective Laws as they did in Canada, **IN THE MEANTIME DO NOT BUY FRUIT MARKED "COLOR ADDED."**

CHAPTER TWO

Section Seven

Food Additives, Past and Present

More and more the alarm is being spread against the dangers to health and mind by the constantly increasing number of additives being used in the processing of foods for human consumption. It is doubtful if a single one of these additives has in mind either the improvement of such processed foods, or to make them a greater benefit. The purpose, apparently, is solely, basically, a matter of profit—the prevention of quick spoilage normal to *natural* foods—or their less expense in shipping, and retaining their appearance for sale.

One of the latest of newspapers to warn its readers against these additives, was the *Memphis Commercial Appeal*, April 14, 1958, under the descriptive head:

"Some Progress Made

"WASHINGTON, April 14,—When a housewife visits a market these days, she has no sure way of knowing whether some of the foods she selects contain chemical additives.¹

¹ As so frequently pointed out throughout the text, the careful housewife is more or less enabled to protect herself by a careful scrutiny of the label. Even when only preservatives are used, these are supposed to be named. If one of the various dyes are used, the dye is mentioned, though possibly not named. If additives, these are generally named. It will be sufficient reason to discard any food product in which preservatives, dyes, or additives are used, no matter what their name. On investigating, we find that when even one housewife who is a good customer, begins to question the dealer, he becomes apprehensive, and starts a search for processed foods without additives, and such that have not been *denatured*.

"The practice of adding chemicals to foods has grown tremendously in the past 10 years and authorities are divided on the Toxic or non-toxic² properties of many of them.

"As early as 1952, the Federal Food and Drug Administration, in collaboration with the United States Public Health Service, estimated that 704 different chemicals were being used in foods.

"And of this total, it was estimated that only 428 were definitely known to be safe for continued human consumption.

"276 Untested Additives

" 'Thus, as a House investigating committee observed at the time, there are approximately 276 chemicals being used in food today, the safety of which has not been established to the satisfaction of many groups concerned with the health and safety of the public.'—³

"Apparently some progress has been made since then. But only recently FDA Commissioner George P. Larrick advised there are about 150 chemical additives which are 'in a scientific no man's land.'⁴

² The careful housewife should not permit herself to be confused or misled by this contention. If there is a preservative, additive, or dye used, even if claimed non-toxic, do not buy the product.

³ This statement is misleading. There may be only 276 questionable additives, but it must never be forgotten that there are many additives which have been "O.K'd" as "calculated risks." That is, it is "*supposed*" that within certain restrictions they are not Toxic, or a danger to health. Beyond a stated proportion it is admitted they may be. Consuming processed goods containing such additives means that *the consumer takes the risk; someone else reaps the profit.*

⁴ This is an admission that the Government, those in auth-

"Yet these chemicals are being used in foods.⁴

"The House investigating committee, in its report, went out of its way to avoid any inference of wholesale charges against the food industry.

" 'Nevertheless,' the committee said, 'the public is in need of protection against small, irresponsible elements, as well as against the possible inadvertent mistakes of reputable food processors and enthusiasms of chemical manufacturers.'⁵

Bill Endorsed

"The committee endorsed a bill by Representative James J. Delaney (D., N. Y.) which would require pre-testing and assurance of safety before chemicals could be

"This bill, as well as less strict proposals by the Food and Drug Administration, and by the food industry, are added to foods moved in interstate commerce.

ority, or those who have accepted a position of responsibility, are permitting millions of human beings, American citizens, to be fed with foods containing, for all anyone knows, Toxic substances that may undermine their health and sanity. If the physician, knowingly, and known to the public, were to prescribe Toxic drugs of which he admittedly had no knowledge of their possible danger, he would possibly be held criminally responsible. Nevertheless, the processors of foods, and the sellers of foods so treated, are not only free to do so, but cannot be held responsible.

⁵ This need, a dire one, if the welfare of the people is considered, or being considered, why have our representatives neglected, or refused to act by passing protective Laws? Is it not their sworn duty, and are men not elected for the express duty to protect the people? Is this failure to act on a *Known Need*, not to be considered as a *Gross Neglect of Duty*? Is it not, in fact, the betrayal of the interests of the people — hence treason to the people? What is the answer? Why this neglect of duty? *Who* is at fault, or what is the underlying cause?

still pending before Congress. None has ever received the approval of a sub-committee in the past six years.⁶

"To bolster support for new legislation, the House committee in 1952 sought to indicate what could happen by citing examples of what has happened in the past.

"Here are some of the cases, involving specific chemicals, which the committee cited:

"1. In 1946, a chemical known as *thiourea* was proposed for use on citrus fruit to prevent a certain type of mold. Fortunately, the persons proposing its use first consulted the FDA. Experiments were conducted which showed that *thiourea*, in addition to being very poisonous, penetrated the skin of citrus fruits and found its way into the juice. As a result, *thiourea* was never used on citrus fruits.⁷

"2. *Para-phenetyl urea* is a sweetening agent which was used for more than 50 years as a sugar substitute for diabetics and others. An FDA study several years ago showed that *paraphenetyl urea* is poisonous under certain conditions. Yet one firm continued to use it in its food products even after being warned of its toxicity.

"3. A salt substitute containing lithium chloride was marketed several years ago for persons required to be on a

⁶ This, together with our comment, was written and printed before Congress finally acted. The legislation passed is not at all satisfactory to the people who have become health conscious and have given time to investigation. The question: "What force, or power, is there sufficiently strong to prohibit legislators from passing legislation that would be *really* protective?" Many opinions have been advanced, none of them flattering. There is no proof that there has been any unlawful interference.

⁷ As already mentioned, Canada and, according to reports, some other countries, have outlawed all dyes to be used to color citrus fruit, thus protecting her people against this form of poisoning.

low salt diet.⁸ Subsequently, it was discovered that the substance is extremely poisonous for persons who have been on such a diet for some time, so that the salt content of the body has been reduced. It was removed from the market, but several deaths had occurred.

A good and natural substitute is vegetable salt. This is organic. It is not harmful, but those who suffer from certain diseases where a salt-free diet is indicated, should use it sparingly.

"4. Mineral oil⁹ was long regarded as harmless. It had been used in a variety of special dietary foods, particularly salad dressing, as a substitute for food oils. Between 1941 and 1945, it was shown that mineral oil, when taken with foods, interferes with the absorption of various vitamins. Mineral oil is no longer permitted as a food ingredient.

⁸ There are today possibly millions of people who did not approve the use of rock salt and began using salt substitutes, with the result that infinitely more harm was done to their health than had they continued the use of salt.

⁹ Mineral oil, though considered as an additive because it substitutes for digestible fats, is not Toxic. The undesirability for its use is, commonly speaking, that being *undigestible*, it clogs up the absorptive pores so that much of the foods, together with their vital principle contents, cannot be absorbed, and malnutrition may result even though the diet is perfect in selection. *Mineral oils have no part in human nutrition.*

CHAPTER TWO

Section Eight

Are Foods That Build Up Resistance Without Value?

Sometimes it happens that one of the laity universally known to the public, enters wholeheartedly into an investigation of the subjects of denatured, adulterated foods, and improper nourishment and their influence in causing delinquency, and find him—or herself, in full agreement with others who have been active in the same field of investigation. According to published reports, a great actress — Gloria Swanson — is such a person, and we take pleasure in quoting from a speech reportedly made by her before the Advertising Club of Washington, D. C., on the occasion of the Annual "Big Brothers Luncheon," her subject being "Juvenile Delinquency."

"Most of us think of a 'delinquent' as a maladjusted youngster,¹ but in my opinion, the fault lies not with children, but with the adult delinquents—² parents, law-

¹ This would imply a mental *unbalance per se*. Full consideration and investigation does not agree with this. It is admittedly true that the thinking and reasoning capacity, including the *feelings*, are at fault, but this is secondary. It is, in almost all instances due to three things: shattering of the nervous system, having its direct influence on the mind; hardening of the muscles, interfering with proper coordination of the physical with the mental, and, lastly, worst of all, the deterioration of the mind. And the cause of all this? In all too many instances, denatured foods, adulterated, chemically processed foods, poorly combined foods, and most serious of all, improperly prepared foods; the basic foods meats from fowls and animals fed with Toxic additives.

² This is unquestionably true, but, there is a "but" and a big one. The parents may, and in most cases, are wholly unaware of the cause, or the manner in which they are ignorantly

makers, or some special groups devoted to selfish interests. The crimes committed by juvenile delinquents, without passion or jealousy—killing merely for the 'thrill' of it—must be conceived and committed by sick, demented³ minds; or perhaps no mind⁴ at all.

"How come these boys and girls are so mentally sick? Let me read what one authority has to say under the heading: 'Is Mental Illness, Mental?' This nutritional expert from the University of Southern California, presents a list of mental disorders induced by an insufficient intake of specific [and known] vitamins:⁵ (A) lack of thiamin results in ideas of persecution, mental confusion, and loss of memory. (B) Lack of riboflavin causes depression, visual disturbances, disorderly thinking, inability to concentrate

destroying the health of their children. This ignorance is mostly due to the fact that parents are so largely guided in their selection of food by newspaper, magazine, radio and TV advertising.

³ These juvenile delinquents and the millions of adults who are as guilty of criminal acts, *are* mentally sick. They are mentally ill because their bodies; nerves, muscles and minds, are starved for lack of the essentials of health, and from Toxic substances they consume; not in their *foods*, but in the substances they *believe* to be foods; and which poison mind and body, and *dethrone reason*.

⁴ Youth and men who are no longer in fact, youths or men, but robots, automatons, and as one authority frankly states—*vegetation*.

⁵ While millions of people take the various vitamins to reinforce their diet, more millions do not, with the result that these millions *try to live* normally on an almost completely devitalized and demineralized diet. *This is universally admitted even by Physicians, hence their constant prescribing of vitamins and minerals.* In addition to this lack which is inductive of the diseases named, there is the addition of Toxic additives and preservatives which would themselves reduce vitality and bring about mental retrogression. Hitler, Stalin, *et al.*, proved this.

or perform mental work.⁶ (C) Lack of niacin causes depression, anxiety, irritation, loss of memory, mania, hallucinations, and dementia.⁷

"From the book entitled 'Vitamin Deficiencies in mental Illness,' by George Walson and David Robinowitz, M.D., 1 quote:

'Both psychoneuroses and psychoses apparently can be induced experimentally by dietary restrictions.⁸ Emotional illnesses, which is thought to have *no* organic basis⁹ *may be the result of nutritional deficiencies*. Furthermore . . . multiple vitamin and mineral deficiencies seem to be involved in the origin of some mental illness that hitherto

⁶ What has been said in footnote 5 is equally true here. The inducing causes are the same: Denatured foods; toxidized foods; adulterated foods—an almost total lack of organized vitamins and minerals as found in Nature.

⁷ Anyone who has studied the reports of the agents employed by Hitler, Stalin, *et. al.* will be fully informed that these illnesses are readily induced even without withholding vitamins and minerals, by means of the Toxic agents employed in the feeding and watering of food animals, and in the processing of foods for human consumption. The two together, lack of vitamins and minerals *and* the Toxic agents so almost universally made use of complete the armament for the debasement and deterioration of the mass of the human family, and all known medication will be unable to cure them.

⁸ If these various diseases can be brought about by withholding these various vital elements, then it is certain that such ailments can be eliminated or "cured" by prescribing foods rich in such elements.

⁹ True insanity has an organic cause. The many mental ailments which border on insanity and designated by various more or less confusing names, are not organic, but are due to either the deterioration of the nervous system and the mind, or their starvation for want of the vital elements, missing in, or destroyed by the processing of foods. All the hospitals and

has been considered to be entirely psychogenic. Experimental neurosis, as well as experimental psychoses apparently can be induced in normal subjects¹⁰ by restricting their nutritional intake.'

"Doesn't this give you an entirely different picture of a juvenile delinquent? Since the average person now accepts the fact that rickets, pellegra and scurvy, and ever so many other ills, are being eliminated by *proper* nutrition—can (will) they *not* accept the idea that the *mind* also might be made healthy (normalized if not too far deteriorated) by adequate nutrition? . . . If my theory,—that malnutrition¹¹ is the *first* cause of mental illness, bears any truth, we are going to have with each generation *more* mental weaknesses and consequently more juvenile delinquents, unless remedial steps are taken."

asylums in the world cannot cure these victims of ignorance or viciousness, once the actual deterioration has been completed.

¹⁰ It being admitted by experienced physicians that these psychoses may be induced by improper nutrition—the ingestion of lifeless substances thought to be *food*. It is equally true that a change to the proper diet together with associate treatment, would restore them to health.

¹¹ This is only part of the cause. Proper nutrition *must* proceed hand in hand with the elimination of all foods which contain Toxic substances fed to animals for human consumption, and all denatured or processed foods in which preservatives or additives are used. It is the duty of our legislators to see to it that these evils are eliminated.

CHAPTER THREE

Muscular Atrophy *The Children's Crippler*

"I know fluoridation to be a very secret¹ Russian revolutionary technique to *deaden our minds*,² *slow our reflexes*,³ and *gradually kill our Will to resist aggression*."⁴ USAF Major George Lacey Jordan, *Major Jordan Diaries. American Mercury*, July, 1957. Page 33.

For the past several years every effort humanly possible has been made to focus the attention of the people upon the horrors of Poliomyelitis. This is as it should be. It cannot be denied that it is both a killer and a crippler.

It is equally true that there are several other diseases affecting muscles, nerves and brain that claim far more victims than Polio. In several respects these diseases are worse than Polio, because the children who fall victim to these diseases are considered generally incurable; whereas many, in fact, the majority of those afflicted by Polio, if they do not die, are ultimately cured and take their place in life's activity.

A second horror of childhood is *Muscular Atrophy*.⁵ In general, physicians admit they do not know the cause of this disease, and what is still more discouraging, is the fact that

¹ This is no longer a secret.

² Softening of the mind. This may gradually occur between a period of from five to twenty years after the beginning of the ingestion of the Sodium Fluoride.

³ Hardening of the muscles; slowing the reflexes.

⁴ Negating the power of resistance.

⁵ There are numerous other atrophic diseases equally disabling and incapacitating.

it is questionable if there is a cure for it; consequently, those afflicted may remain so for life, to be cared for by the parents, who though willing, are in all too many instances totally unprepared for the task.

This disease affects the muscles of the body by hardening them and gradually causing them to be unresponsive. This being true, it is certain that the *cause* must be found in something that is capable of atrophying the muscles and bringing this about gradually.

Is there a Toxic substance which, though formerly unsuspected, can bring about such conditions?

There is.

This substance is Sodium Fluoride.⁶ Sodium Fluoride does many things to the human body, more especially the muscles, nerves and brain. Among other things, it has the power to gradually atrophy the muscles; *a cause in practically all muscular diseases*. It shatters the nervous system. It softens the brain.

At the moment we are concerned only with one of Sodium Fluoride's most destructive potentials; that of atrophying the muscles. If any one has doubt that it does this, let him kill a rat with this highly toxic substance and then examine the rat.

The effects of Sodium Fluoride on the muscles of any living creature may be immediate as when a "killing" dose is given or taken, or through a slow process by accumulation, for Sodium Fluoride, like Mercury, Arsenic and some other Toxic agent's is accumulative and its effects are generally gradual. If given or taken in small amount, such as considered by its votaries as "safe," the amount is one part per million and its

⁶ It is not to be taken for granted that Sodium Fluoride is the only villain. Closely associated with it is the *denaturing* of so many foods of their mineral and vitamin contents. The constant ingestion of such "foods" lowers the resistance of the body and prepares it for an attack of the various vicious disabling diseases.

Toxic effects may not show for five years, or between five and twenty, or even later.

Muscular Atrophy seldom affects the very young. Accepting Sodium Fluoride as the villain, how, or by what means, does it affect the child in time to have its most deadly results upon it in the early years of youth.

In very simple manner, the writer "stumbled" on the idea, or the fact, unexpectedly, when meeting with parents of a number of children so afflicted, and in his capacity as a Dietitian was requested to outline a dietary regime for these victims.

It was simple routine to obtain a complete outline of their diet since birth. How was the baby fed? At its mother's breast? If not, what was the substitute? What was the combinations? How long were they continued?

In almost each instance the mother was incapable of nursing the child for one reason or another; or able to only partly nurse the child, and compelled to substitute food. WHAT WAS THAT SUBSTITUTE FOOD—PABLUM?⁷

Although his investigations appear thorough and have never been contradicted or questioned, he does not in any way indicate connecting Pablum⁸, the *cause* of Muscular Atrophy, though he was fully aware of the Toxic affects of Sodium Fluoride in small or large doses; its accumulating in the system, and that it was considered as the POISON OF ALL POISONS.

HERE IS A VITALLY IMPORTANT SUBJECT FOR MEDICAL SCIENCE TO THOROUGHLY INVESTIGATE TO THE WELFARE OF AMERICAN CHILDREN, and prove or disprove the firm belief of many, that this *is* one of the main causes of the disease. DENATURED foods the other.

⁷ The American firm manufacturing *Pablum* has informed us that their current formula does not contain Sodium Fluoride.

⁸ That the Sodium Fluoride in Pablum might be the cause of Muscular diseases, among them Polio.

Polio is akin to Muscular Atrophy in its various manifestations. Is it not possible that they are related and the *cause* the same?

Polio may be an *acute* manifestation, while Muscular Atrophy is the chronic. The onset of Polio is more or less sudden; that of Muscular Atrophy gradual. However, the muscular conditions of Polio, after the acute symptoms subside, are very much the same.

The writer does not here give Commander (R. N.) Carr's investigation *verbatim*, this being too lengthy, and would serve no good purpose, therefore here is a short digest:

"Because science proved the harmful *cumulative* effects of Sodium Fluoride, the British Government passed legislation *which absolutely prohibited the use of fluoride as a preservative on any kind of food or beverage prepared for human consumption.*

"The findings of research workers in Canada in regard to the harmful cumulative effects of fluorides in the human body, caused the government to introduce a clause in the "Pure Food and Drug Act" which made it unlawful for any food or beverage prepared for human consumption to contain more than .2 parts per million with the exception of certain canned fish which naturally contain a higher percentage (of *natural* Fluoride) than .2 per million.

"Notwithstanding these facts Drs. Allen Brown, Drake, Tisdall, Jackson and others made up a formula for *Pabulum* [as a baby food], known as 'the perfect baby food,' which included so much animal bone meal⁹ that the babies of America, who were fed 'Pabulum' actually took into their

⁹ Bone meal does not contain enough Sodium Fluoride to make this possible, Metallic Fluoride had to be added to increase the proportion.

little bodies anywhere from 6 to 22 P. P. M. of fluoride. Research conducted by Professor Mary P. Ham and M. Doreen Smith in the Food Chemistry Department of the University of Toronto prior 1953 proved that Pablum contained an average of 11 to 12 P. P. M. of fluoride. This policy of serving rat poison to the infants of America continued from the day Pablum first went onto the market nearly twenty years ago¹⁰ until early in 1954. Medical men with whom the author discussed this matter emphasized that the ingestion of such quantities of fluoride cannot help but have a harmful cumulative effect.

"An investigation was conducted into this matter and it was found that a number of children who had been raised on a Pablum diet had, between their fifth and seventh years, developed symptoms of chronic fluorosis. They [the doctors] did not seem to know exactly what was wrong with them. One day they had bowel complaints, spasms and pain, diarrhea, cramps, etc.

"Another time it would be bladder trouble and chronic constipation. . . . Doctors usually made a diagnosis of Colitis or Celiac. Professors Ham and Smith of the Department of Food Chemistry, University of Toronto, wrote scientific papers on the subject: FLUORINE BALANCE STUDIES ON FOUR INFANTS AND FLUORINE BALANCE ON THREE WOMEN.

"Both papers were published in the JOURNAL OF NUTRITION, Vol. 53, No. 2, June, 1954. The investigation indicated that these two professors had for years

¹⁰ If the really harmful effects of Fluoride accumulation begin five years or earlier after starting the intake of Fluoride—all experienced authorities appear to agree in this—then, considering the time when Pablum began to be fed to American babies day after day, the harvest for result—the reaping—would appear to have started years ago and coincide with the beginning of Muscular Atrophy among the youths of America.

pointed out to those making Pablum, the harmful effect of 12 P. P. M. of fluorine could have on those who ate the baby food. *The strange thing is that the formula was not changed until 1953 or early in 1954. WHY NOT?*

"The writer spoke to Dr. Drake . . . he claimed the only reason the formula was changed was because the idea for fluoridation of water supply systems in the U. S. A. and Canada was catching on . . . they didn't want to overdo the thing.—[Certainly a damaging admission.]

"Dr. Menzies [President of Mead, Johnson & Co., makers of Pablum] replied to another letter. On May 18th, 1954. He wrote: 'In reply to your latest inquiry, the fluorine content of Pablum used to be between 7.5 to 9.8 *parts per million*. The present Pablum has a fluorine content of between 1.5 to 2.2 parts per million.'

"There is a lot of difference between .2 P. P. M., Dr. Drake said it contained, and the 2.2 P. P. M., Menzies admits is still in Pablum. It must be remembered we are discussing The Devil's Poison, (as it was known) the most deadly and dangerous (because of its great toxicity) poison known to man. Professors Ham and Smith staked their professional reputations on the truth of their statement that the old formula contained from 6 to 12 P. P. M. of fluorine (dangerous to health under any condition) and that the average was 11 to 12 P. P. M. If Mr. Menzies statement regarding the contents of fluorine in the present Pablum is as far from the fact as it was regarding the old, then there is still well over the legal limit of rat poison being shovelled down the throats of the babies of America under the false statement that Pablum is *the Perfect food*."—*Interpolation and Emphasis ours.*

An apologist, widely recognized as an authority, made the remark to the writer that the product under discussion had been sold without interruption since its manu-

facture, hence must have had the approval of the Pure Food and Drug Administration, and therefore could be harmful despite the fact the Sodium Fluoride content had been vastly reduced. The argument is a specious, wholly misleading one. Let us cite an example:

"In 1955, the U. S. Food and Drug Administration found that cancer was induced by a pesticide known as 'Aramite' and attempted to prevent contamination of food with this substance by establishing a zero tolerance for it under the Miller Pesticide Act.

According to the experienced Dietitians and Biochemists, there is no such thing as a "zero tolerance," *i.e.*, "calculated risk." It is true that the system may, by gradual use, intake poisons without *apparent* effect, but this is the result of forcing the system to readjust itself, and this *apparent* readjustment is actually a "throwing off balance," *a form of disease or abnormality, the system changing from the natural as Nature organized it, to an unnatural or superficial state.* It is true that in certain ailments physicians prescribe poisons without harmful results, but it must be borne in mind that then the system is already in an abnormal state, and the "curative" or balancing amount of the drug is given *only* for the moment and then discontinued.

"After proceedings initiated by the United States Rubber Company, FDA's decision was overthrown, and it is now legal to sell foods known to contain Aramite.

"The precedent created by the Aramite decision affords a convenient loophole to permit manufacturers to go ahead and sell such compounds for use on or in foods.

This is what the FDA *calls a calculated risk. The calculation (unfortunately) is that the manufacturer can get his profit, AND THE CONSUMER TAKES THE RISK.*"

Emphasis ours. William E. Smith, M. D., in an address before the Annual Convention of Natural Foods Association, Little Rock, Arkansas—February 16, 1957.

In the foregoing we dealt only with Muscular Anthrophy directly and Polio indirectly, and with the Toxic substance Sodium Fluoride as a possible cause.

Since the publication of the first volume of this text, there has been an awakening not only as to the possible cause of these diseases, but similar ones, all equally deforming, and disabling, such as Lateral Sclerosis, Parkinson's Syndrome, Cerebral Palsy, and others of like nature.

WE MAINTAIN THERE ARE TWO DIRECT CAUSES: *The denaturing of Basic foods, more especially wheat and other grains and legumes containing vitamin E and lecithin, and in addition, Toxic substances such as Stilbestrol and Sodium Fluoride in the foods consumed by practically all of the people. This has special reference to pregnant women. Why do we mention these foods specifically? Because they contain the elements which pregnant women MUST have to be capable of giving birth to normal children. Stilbestrol and Sodium Fluoride are mentioned in this connection because they are special offenders.*

Physicians in general admit they do not know the cause of these diseases. This is especially true of Neurologists. Biochemists feel they *know* the cause.

In a letter issued by the *National Neurological Research Foundation*, it is frankly admitted that:

" . . . These disorders [those and others named] are all an integral part of the *central nervous system*.¹¹ They will

¹¹ As already frequently pointed out in this text, the *lack* of necessary vital elements in the diet, and in addition, Toxic substances such as Sodium Fluoride and *Stilbestrol* have a direct

now be studied systematically, as a whole, and in their relation to one another, rather than fragmented and split. "As Medical Science admits a complete and abysmal lack of knowledge as to the origin, prevention or cures for these disorders, and as scientists in the neurological field do not know what other scientists in this field are doing, the indication is clear and demands that something better must be done at once."¹²

"These disorders [estimated at twenty million] are the primary cause of permanent crippling—as the cause of death rank third."

Not only is a very great portion of our basic food *de-natured*, and *most if not all, the vital and absolutely necessary elements for health eliminated for reasons of profit*, while a still greater amount is adulterated with health-destroying additives such as those named, but in addition, other foods consumed in large quantities are actually unfit for even animal consumption.

It is reported that in January alone, some 512 tons of contaminated and unfit food were taken in court actions at the behest of the Pure Food Administration. Among them were:

Vegetables bearing excessive residues of DDT or other dangerous pesticides, chili powder containing *glass* fragments, olive adulterated with camphorated oil, animal feeds contaminated with mineral oil, replacing the more expensive and valuable linseed oil among them.

It was stated that more than three-fourth of the material seized was filthy, or even decomposed. Other seizures contained cheaper and less desirable ingredients than those named on

destructive affect on the Central nervous system; equally so as on the muscular system.

¹² Why not take the hint of one who does not pretend to be a great scientist or authority, and investigate along lines suggested? Is humanity not worth it?

labels. Included among them were nut cakes WITHOUT nuts, oysters mostly water, bonita for tuna fish, cotton seed oil for olive oil. Is it possible for anyone to conceive that such substances ingested as food can be other than creative of physical indispositions, especially when these are in addition to highly DENATURED foods, and those adulterated with highly poisonous substances. It must be borne in mind that women by the millions bearing children, live on these substances—*they are in no sense building foods.*

Our contentions are at last beginning to bear fruit even in the medical profession. In an article which appeared in the *San Francisco Chronical*, June 20, 1958, reported by Elmont Waite under the title

"Diet, NOT Genes Blamed for Deformities

The reporter quotes Dean John B. deC. M. Saunders as follows:

"Prevention of most so-called (inherited) deformities is a distinct possibility, Dean John B. deC. M. Saunders of the UC School of Medicine, told physicians attending convention here last night."

This conclusion agrees with all we have ever written, and especially so with this section of Chapter Three.

Women who desire to mother physically and mentally healthy children should pay strict attention to their diet, selecting *only* such foods as have not been DENATURED but contain all of their original elements as nearly as possible. *No* adulterated food of any kind should form part of the diet.

"The overwhelming majority of deformed babies did not inherit their malformations," he said. Instead, the trouble could be merely a LACK OF CERTAIN NUTRITIONAL AND METABOLIC AGENTS IN THE MOTHER'S DIET DURING

THE CRITICAL PERIOD OF HER PREGNANCY. Dr. Saunders reported.¹³

"Other possibilities: A toxic (poisonous) substance,¹⁴ or some physical injury to the unborn baby.

" 'Almost all the varieties of malformation observed in man have been reproduced in laboratory experiments with rats by altering the mother's diet during pregnancy,' he said.¹⁵

The animal may adjust itself to poisons.

Man's physical body may do so (we say it "may," there is no assurance it will), but man is not alone of animal body. He is possessed of a mind to think, reason and imagine — a most delicate instrument. He has an equally fine nervous system combined with an easily *disadjusted* emotional nature. He also has a muscular system adjusted to the Nth degree. His mind thinks; commands action.

In his emotional nature he FEELS, LOVES, HATES. He is by nature DEVOTIONAL. These separate, but harmoniously adjusted parts of a normal man's nature, CANNOT ADJUST THEMSELVES TO ANYTHING INIMICAL TO THEIR NORMAL ACTIONS AND REACTIONS, and they gradually become "corroded," *i.e.*, slowly deteriorate and are destroyed, causing man to become in many respects less than an animal. Quoting a famous physician: *a vegetation*.

¹³ Some forty years ago we prepared, and published, a treatise entitled *Prenatal Culture*. In numerous instances the instructions were followed by women who had given birth to deformed children. *In all of these years no woman who followed the instructions gave birth to a physically deformed or mentally deficient child.* These statements have been borne out by facts.

¹⁴ There are now more than 500 such substances used to adulterate foods daily consumed.

¹⁵ There is no difference between the physical body of man and the animal body. They are affected in like manner. The difference is in the mind, the muscular and nervous system.

"A diet deficient in folic acid, even for a few days, produced 'virtually all known types of abnormality' in the hearts, arteries and veins of the baby rats.

"Almost all other types of deformity known to man can also be produced in the laboratory animals by withholding such agents as Vitamin A, pantothenic acid, riboflavin, folic acids, and Vitamin E and B 12 even briefly,⁷ and without [immediately noticeable] effect on the mother.

"There is, Dr. Saunders noted, an 'almost universal failure to appreciate that most defects and malformations in children are not mutations.'

"The genes do determine the potential growth of facial and other dimensions of the child, thus potentially controlling the child's physical appearance, he explained. But this control is only potential—'and the potentiality may fail to express itself due to NUTRITIONAL, ENDOCRINE, TOXIC AND OTHER Disorders [conditions and circumstances].

"Hence, 'with respect to congenital deformities, we should . . . recognize that preventive measures are a distinct possibility.'

" 'We are on the threshold of understanding BIOCHEMICAL AND ENZYMATIC FACTORS.'⁸ The evidence suggests a rich reward to those who would pursue this field. . . . "

⁷ Most important of all the Vital elements to both the mother-to-be and her child, are Vitamin E, B 12, and Lecithin. These, together with their associate Vitamins are eliminated from the grains in the making of flour. Only in the Soy bean is Lecithin found more abundantly.

⁸ Experienced Endocrinologists, Biochemists and Nutritionalists who have heart interest in their profession, have long since found the answer to these problems. Only the few have paid any attention to their conclusions. *The dance of death as a result of wholesale denaturing and adulteration of food goes merrily on.* Special study should be given to the statement made by Dean John B. deC. M. Saunders, present section.

CHAPTER THREE

Section One

***Sodium Fluoride, as Pointed Out in the First Part
of This Chapter, Has the Potential Power
to Harden or Paralyze the Muscles, Hence
Dr. Hueper's Expert Opinion Is Apropos***

Since the publication of the first edition of AGE OF TREASON, *the magazine, The National Police Gazette*, March 1958 issue, offers the reader further information on this vital subject of water adulteration, part of which is here reproduced, indicating that the public is awakening to this dangerous practice and to warn against the use of such adulterated water for drinking and the preparation of foods for human consumption.

"How many glasses of water do *you* drink daily? Regardless of the amount, it doesn't take any scientific formulas to reach the conclusion that all of us need water. It is considered as our most important foodstuff, and as such it deserves the greatest protection that [the] government can give.

"Now comes a shocking and spine-tingling revelation by a leading Government cancer expert. This exclusive information is revealed by the *Police Gazette* in order to spur Governmental action while there is still time to curb this *tremendous peril to the health of the whole nation*.

"The threat is exposed in a report never before published. Dr. W. C. Hueper, chief of the experimental cancer section of the U. S. Health Service, National Health Institute, compiled the report. This is what Dr. Hueper says:

" 'The growing pollution of the human environment with chemical and physical cancer-producing agents poses a serious threat to our health.

" 'This pollution stems from modern industrial development (without proper safeguards for the disposal of

dangerous chemicals—to the health of the people) and creates a particular dangerous threat to our DRINKING WATER. . . . The possibility of cancer hazards from water deserves SERIOUS consideration.'

"The cancer expert . . . pointed out that cancer-producing agents from factories and other industrial plants may enter [almost every one is aware that it does so in many instances] the drinking water supply. These DANGEROUS CHEMICALS may [are] also be absorbed in vegetables, fruits and food animals.¹

"The various materials which can produce cancer threats through water were listed by Dr. Hueper as: arsenicals, aelenium, radio-active substances, waste from coke ovens, tar refineries, gas plants, oil refineries, textile dyeing plants, paper manufacturers and cellulose factories.¹

Menace is Increasing

"The doctor (Hueper) explained that the cancer threat associated with exposure to cancer-producing agents 'represents a segment of the general toxic health hazards connected with the production, distribution and consumption of industrial products and the release of industrial wastes into the environmental air, water and soil.

"The most important factor is that with industrial activities rapidly expanding there is a good chance of the

¹ All this, dangerous as it is to welfare—physical and mental—of the people, would not offer a serious problem *if* the people living in the vicinity of such manufacturing plants were alert, and immediately on becoming aware of such pollution taking place, would take positive steps to halt it, and see to it that these manufacturers would find proper means for the disposal of such residue. This is the *only* means to prevent pollution. It is a simple method and can be followed by *every American* citizen who has the welfare of his own, and his fellow man's well-being in mind.

poisons being emptied into the environment also increasing (while coincident to this increase the life of the individual is constantly considered as less and less important except as a customer for the products).

"So the doctor warned that the 'complex problems created by these developments deserve serious and urgent attention by all parties concerned so as to keep them within controllable limits.'

"Because of lack of factual knowledge on just how many cancer-producing agents are already present in the environment, an all-out push should be made to prevent the addition of any new cancerous agents to the human environment.²

"Because of lack of factual knowledge on just how many cancer-producing agents are already present in the environment, an all-out push should be made to prevent the addition of any new cancerous agents to the human environment.

"Dr. Hueper explained that contact with many of the cancer-producing agents sometimes 'start with birth and may last uninterruptedly for 24 hours a day until death.' Carcinogenic air and water pollutants are most prominent in this respect.

"The doctor explained that the safety of many cancer-producing agents can not be adequately made by observations in experimental animals.

"The so-called [fatally erroneous] safe dose arrived

² This is only possible if the mass becomes alerted to the danger, and act in unison to prevent the possibility of such pollution, by helping producers to find a means to destroy at its source, this dangerous residue of manufacturing processes. The efforts of a few cannot be successful in bringing about this change.

at, he stated, 'represents one-tenth or less of the minimal dose capable of eliciting cancers in the species of animals used in the test.'

"Apart from the fact that there does not exist a *safe* dose of a human carcinogen, it is important to point out that such deductions made from effects elicited in animals carry along several potential miscalculations.³

"Dr. Hueper also warned, 'Under no condition should a cancer-producing agent be considered safe for human consumption because it does not cause cancer when given by mouth to mice and rats, while it produces cancers when introduced by another route such as skin implants.

"Any chemical which is capable of producing cancers of any type in any tissue or organs of any species when introduced by any route and in any dose should be considered as a potential human carcinogen. IT SHOULD NOT BE ALLOWED OR MADE AVAILABLE UNTIL IT HAS BEEN DEFINITELY PROVED SAFE FOR MAN.⁴

Calls for Action

"From the great amount of cancer producing agents

³ A method must be found impressive enough to awaken the minds of the mass to the fact that a physician prescribing a Toxic drug of one-tenth of a fatal dosage, would be certain to do several things: He would keep the patient under careful observation. He would discontinue the medication immediately if any unfavorable symptoms appeared, or it had served its purpose. In water pollution, deliberately done for a supposedly desirable purpose, or with evil intent, the ingestion by the individual may be continuous, and *in addition to the many other additives of an injurious nature to various foods consumed, and without any control whatever in so far as the individual is concerned.*

⁴ The first and most important step should be to make such Toxic substances unavailable to any but physicians, until such time as proper safeguards have been established.

that have been reported by Dr. Hueper the average citizen must wonder whether we are JUST HELPLESS PAWNS IN THE GAME BETWEEN GOVERNMENT AND INDUSTRY.

"The answer to the whole problem can only be found in the point stressed strongly by the cancer expert:

"We must step up our safeguards and demand increased government protection for our food, air and water.⁵ It may [will] mean the difference between good health [physical vitality and sanity] and bad . . . it may even save YOUR life."—*Emphasis and interpolations, ours.*

⁵ This will require the absolute prohibition by simple but enforceable legislation, of the use of poisonous or Toxic substances in the feeding of animals, and the processing of all foods for human consumption. There can be no middle ground.

CHAPTER FOUR

Mass Water Medication to "Tame" American Minds and Destroy American Initiative

Sodium Fluoride as One of the Most Universal Past and Present Methods for the Express Purpose of Destroying Men's Mental Capacity Beyond a Certain Point of Development, for the Express Purpose of Subjugating and Enslaving the Race as Openly Confessed by Its Advocates.

Water is not generally considered as under the classification of "food," nevertheless, it is just as essential to life and health as food.

Man and animal, with exceptions, is able to live for a longer period without food than without water.

Recognizing this, a certain group of the enemies of God, men and *Nationalities*, whose one thought is the deterioration and enslavement of the mass, gave their first consideration to methods for this purpose through the simple procedure of adulterating the water supply which their intended victims would be forced to drink and use in the preparation of food.

The published admittance of many engaged as agents for the accomplishment of this purpose, is unimpeachable evidence, and has never been contradicted.

We again quote two of these: *Ana Pauker* and *Bertrand Russell*, in addition to the testimony of several others:

"... Diet ... injections, and inunctions, will combine, from a *very early age*, to produce THE SORT OF CHARACTER DESIRABLE, . . ."—*Bertrand Russell*, (quoting *Firche*)—*Emphasis ours*.

"Another easy method of attack, she [*Ana Pauker*] explained, was offered by the kind of water system on which a high percentage of the population depended, and

which could be destroyed or polluted simply and easily . . .
—“*I Live Again.*”

Rene M. Vale, a former Communist and party worker, often appearing before investigating committees, wrote a book exposing the conspiracy of Communism. Her book RED COURT, written in the form of a novel, was published in 1952 by the Nelson Publishing Company, and contains these statements:

“In regions of the country where resistance was most apt to develop we saw to it that virus diseases struck, and when antibiotics threatened our program, we devised other means of vitiating the populace. FLUORIDATION OF DRINKING WATER WAS FOUND TO BE ABOUT THE MOST SUCCESSFUL. We directed our cadres in the medical and dental fields to beat the drums for ‘protection’ of children’s diseased teeth, by adding fluorides to water—and saw to it that no one informed the public that *fluorides affected brain and nerve cells to such a degree that initiative was reduced.* In other words, we used the same system on the American public which animal trainers use on jungle beasts to make them docile.¹ *Emphasis ours.*”

A letter of information having wide circulation and for which we have the writer’s personal permission to quote, is of paramount importance and will answer the many who have requested us to supply them with information on the subject.

Charles Eliot Perkins, a research worker in chemistry, biochemistry, physiology and pathology, according to his own statement, was sent by the United States Government to help take charge of the I. G. Farben chemical plants in Germany at the end of the second world war. What follows are quotations

¹ Fluorides ingested in any form, or any medium, by human beings, have the same effect on humans as they have on animals. This is apparent by the effects Saltpetre has on man’s nature, as it has on animals to which it is fed.

from a letter which Mr. Perkins wrote to Lee Foundation for Nutritional Research, Milwaukee, Wisconsin, dated October 2, 1954. Mr. Perkins has personally given us permission to use the contents of this letter:

"I have your letter of September 29 asking for further documentation regarding a statement made in my book **THE TRUTH ABOUT WATER FLUORIDATION** to the effect that the idea of water fluoridation was brought to England from Russia by the Russian Communist Kreninoff.

"The German chemists worked out a very ingenious and far-reaching plan of mass control which was submitted to and adopted by the German General Staff. This plan was to control the population in any given area through mass medication of drinking water supplies. By this method they could control the population of whole areas, reduce population by water medication that would produce sterility in the women² and so on. In this scheme of mass control, sodium fluoride occupied a prominent place.

"We are told by the ideologists who are advocating the fluorination of water supplies in this country that their purpose is to reduce the incidence of tooth decay in children, and it is the plausibility of this excuse, plus the prominence of those who are responsible for the present spread of artificial water fluoridation in this country.

"However—and I want to make this very definite and very positive—the real reason behind fluorination is not to benefit children's teeth. If this were the real reason there are many ways in which it could be done that are much easier, cheaper and far more effective. The real purpose behind water fluoridation is to reduce the resistance

² Refer to the statements made by *Ana Pauker* and *Bertrand Russell*, quoted throughout the present work.

of the masses to domination and control and loss of liberty. . . .³

"In the rear occiput of the left lobe of the brain there is a small area of brain tissue that is responsible for the individual's power to resist domination. Repeated doses of infinitesimal amounts of fluorine will in time gradually reduce the individual's power to resist domination by slowly poisoning and narcotizing this area of brain tissue and make him submissive to the will of those who wish to govern him. . . .⁴

"When the Nazis, under Hitler, decided to go into Poland . . . the German Staff and the Russian General Staff exchanged scientific and military ideas and personnel, and the scheme of mass control through water medication was seized upon by the Russian Communists because it fitted ideally into their plan to communize the world. . . .

"I was told of this entire scheme by a German chemist who was an official of the great Farben chemical industries and was also prominent in the Nazi movement at the time. . . .

"I say this with all of the earnestness and sincerity of a scientist who has spent nearly 20 years' research into the chemistry, biochemistry, physiology and pathology of fluorine—any person who drinks artificially fluorinated water for a period of one year or more will never again be the same person, mentally or physically."—Emphasis ours.

In a personal letter to Mr. Kissinger of the Lee Foundation,

³ Refer to the statements made by *Ana Pauker* and *Bertrand Russell* relative to the means and methods used for the subjugation and deterioration of those the heartless and Soulless enemy seeks to either destroy or enslave.

⁴ The drugs employed for mass medication of animals for human consumption produce almost identical results in those consuming such foods for any length of time.

Mr. Perkins further states a fact long known to Biochemists:

"It is a demonstratable biochemical fact, which I have repeatedly proved in my laboratory, that fluorine (the metallic substance) even in minute amounts, over a period of time, *destroys* THE ENZYMES WHICH MAKE POSSIBLE THE UTILIZATION OF VITAMINS, MINERALS AND OTHER NECESSARY FOOD COMPONENTS FOR THE CARE AND MAINTENANCE OF THE HUMAN BODY.⁵ We who are fighting water fluorination should confine our efforts to bringing this information forcefully and clearly to the public.

The identical results follow the feeding of the various Toxic drugs to animals. These do two things: They destroy the *vital elements normally in the meat of the animal, and make the meat unnutritious, and generally unfit for human consumption.*

In a personal letter to the present writer, Mr. Perkins further states:

"In my letter you will notice that I make it clear that, although the idea of artificial water fluoridation was first conceived and practiced as a Communist technique for CONTROL OF THE MASSES THROUGH SPECIFIC MEDICATION TO ACHIEVE CERTAIN SPECIFIC SOCIOLOGICAL RESULTS, THE MAIN ARGUMENT AGAINST ARTIFICIAL WATER FLUORINATION IS NOT THE FACT THAT IT IS PART AND PARCEL OF A COMMUNIST TECHNIQUE OF MASS CONTROL, BUT THAT IT IS A DEVASTATING POISON THAT, OVER A PERIOD OF TIME, COMPLETELY WRECKS

⁵ Perhaps this, in addition to the destructive power of Sodium Fluoride, is why the deterioration of vitality and health is so rapid when the substance is taken into the system, especially so in the case of children, and why even dental paste manufacturers warn against its use before the age of six to nine.

THE HUMAN MIND AND BODY BY PROFOUNDLY ALTERING THE BIOCHEMICAL COMPOSITION OF THE BODY AND SERIOUSLY INTERFERING WITH THE PHYSIOLOGICAL FUNCTIONING."⁶—*Emphasis ours.*

What is the Sodium Fluoride that is placed into the drinking water in many communities in America? We first offer a quotation from the authoritative U. S. DISPENSARY, 1950 edition.

"Owing to its comparatively recent introduction, the clinical efficiency and clinical toxicity cannot be properly evaluated.⁷ Although experience with accidental poisoning from roach and ant powders indicates its poisonous properties (see Nicholson, Landers Veterinary Toxicology, p. 945, p. 100), it appears that when used as recommended it is no more toxic for swine than that of chenopodium and phenothiazine. Reasonable precautions must be taken to prevent ingestion of the pure drug or inhalation of the dust⁸ by both animals and humans." P. 1759.

"Fluorides are violent poisons to *all living tissues* because of their precipitation on calcium.⁹ They cause fall

⁶ From our point of view the most diabolical effect is that this agent softens the mind by degrees, and in time either de-thrones reason, or brings about total insanity.

⁷ When Sodium Fluoride is placed into the water system or in foods, there is a *continuous* ingestion of it, and this accumulates in the system. The smallest possible amount so ingested will in time become a destructive accumulation. Worst of all, children, like adults, drink this same Toxically drugged water, perhaps more so than adults, and dental preparation firms have openly admitted it is dangerous to children, ages six and/or nine.

⁸ Both the Germans under Hitler and the Russians (see *Ana Pauker* and others) advocated, and made use of this method for mental deterioration necessary to enslave or destroy.

⁹ There is a grave misunderstanding relative to Fluorides.

of blood pressure, respiratory failure and general paralysis. Continuous ingestion of non-fatal-doses, according to *Sooman* (Journal Pharmacol., 1921, 17, 197) cause general cachexia and permanent inhibition of growth."—*Emphasis ours.*

Sodium Fluoride used in drinking water is a *metallic*¹⁰ substance. It is an INORGANIC poison, with great Toxic qualities, and cannot be changed by metabolism — human digestion cannot change it. IT REMAINS A POISON. IT ACCUMULATES IN THE SYSTEM. ITS DESTRUCTIVE EFFECTS INCREASE AS TIME PASSES.

Sodium Fluoride is *not* an *essential* to the body, bone or teeth. IT IS CALCIUM FLUORIDE AS FOUND IN NATURAL FOODS THAT IS SO HIGHLY ESSENTIAL. IT IS ORGANIC CALCIUM IN COMBINATION WITH VITAMIN C COMPLEX, NOT ITS CONCENTRATE, MORE ABUNDANTLY FOUND IN ROSE HIPS AND CITRUS FRUITS—RIBOFLAVIN—THESE ARE THE ELEMENTS ESSENTIAL TO THE BUILDING OF ALL BONY STRUCTURE AND KEEPS TEETH HEALTHY.

For a better understanding of Fluorides they should be separated into three classifications:

1. Sodium Fluorides, a *toxic chemical*. This is employed in fluoridizing water. It is a poison because it is a Toxic chemical. This type of Fluoride causes precipitations of Calcium. It cannot be metabolized, and the system cannot free itself from it. It accumulates, after the manner of mercury and arsenic.
2. *Natural Fluorides*. This is found in water in certain districts. This fluoride, though not organic, is *associated naturally with other minerals* and is not generally Toxic.
3. *Organic Fluorides*. This is found mostly in vegetables, some fruits and other food substances. It is associated with, and not inimical to natural calcium, and in conjunction with vitamin C and Calcium, is a bone builder and teeth preserver. It is not poisonous, and being metabolized as is calcium and other minerals, it is not cumulative.

Many well informed and experienced physicians possessed of dietary knowledge who are concerned with the welfare of their patients, warn them *not* to drink water, eat foods or use tooth paste containing Sodium Fluoride, especially not those very young or suffering from kidney or heart disease and/or various other ailments.

Sodium Fluoride possesses three outstanding qualities: IT GRADUALLY HARDENS THE MUSCLES; IT DISORGANIZES THE NERVOUS SYSTEM; IT SOFTENS THE BRAIN. Before—so far as is known—anyone thought of using it in drinking water, it was used as a rat poison. Cattlemen used it TO PARTIALLY STERILIZE THEIR BULLS SO THAT THEY WOULD BE MORE TRACTABLE; possibly—we do not know—it was this usage that gave certain Asiatic enslavers and murderers their idea to employ it in destroying the resistance—WILL POWER—of those they wanted to subjugate and/or enslave by first making them robots.

According to reports which have not been contradicted, Dr. Leo Spira, M.D., Ph.D., New York, made the statement that:

"It [Sodium Fluoride] deprives the body of Calcium"¹¹

¹⁰ Some Biochemists find fault with the use of the word "metallic." However, it is a residue in the manufacture of aluminum which certainly is a metal, hence we feel that *metallic* properly classifies it. However, we have no quarrel with any term employed by others.

¹¹ Microscopic examination of the blood of cancer sufferers shows a great deficiency of Calcium. Metallic — Sodium Fluoride — destroys Calcium in the system according to many investigators. There is a further and *most important consideration*.

Animals fed with rich yellow corn take into their system large amounts of *natural* Calcium and this is built into the flesh and biochemically — by *life chemistry* — metabolized by the consumer. When animals are denied part of this rich Calcium food by the substitution of Toxic drugs, they are not only deprived

[Natural component of all bone]. Heart, diabetic and kidney patients are warned not to drink fluoridated water."

Dr. Charles Dillon, DDS. LSD., Bristol, England, is credited with the statement:

"Fluoride intoxication is insidious and accumulative¹² especially when the daily dose is small, but its effects are permanent¹² and irreparable."

Dr. H. V. Smith, of the University of Arizona, is credited with the conclusion that:

"There is ample evidence that mottled teeth, though they are somewhat more resistant to the onset of decay,¹³

this Calcium as well as other minerals and vitamins essential to their own health and the physical and mental health of men. These drugs tend to destroy whatever vitamins and minerals may already be in the flesh of the animals. Eschewing being called fanatics, we ask the question many are asking: *May this, together with Fluoridation, not be the cause — or one of them — of the rapid increase of cancer, muscular diseases and mental weaknesses?*

¹² It is important to recall that for a long period of time Syphilis was treated with Mercury. This chemical, like Sodium Fluoride, was insidiously accumulative and could not be eliminated from the system by any known means. The end results were so grave that this method of treatment has been almost entirely discontinued. Another example is the use formerly made of Arsenic by women for whitening of the skin. It was found that this did two things: It brought about the pallid skin by destroying the red corpuscles of the blood and it, like Mercury, accumulated in the system; the ultimate, if continued, was Anemia or Tuberculosis.

¹³ If natural methods were followed such decay could readily be avoided. This requires only that in addition to *undenatured* foods, a plentiful supply of *natural* vitamin C *Complex* and Calcium bone meal be ingested. This would not alone help to keep the teeth healthy and normal, but benefit the entire system.

are structurally weak, and when decay sets in, the results are often disastrous."

Dr. Paul Manning, D.M.D., LL.B., is reported as having stated:

"Fluoridation is experimental Mass-Medication¹⁴ of entire populations by the impregnation of entire water supplies of whole communities (frequently without their consent and against their wishes) with *metallic* fluorine compounds incapable of being assimilated (as is food), under conditions of duress¹⁴ without cessation of a reasonable chance to escape."

Msgr. Thomas J. Riley is reported responsible for the following statement appearing in THE PILOT, official publication of the Archdiocese of Boston, Mass., April 1956 number:

"There is no officially expressed attitude of the Church¹⁵ on this question. The arguments pertain to the field of science and MUST be evaluated by EXPERTS IN THIS FIELD. If it should be shown that grave injury to public health is occurring because of conditions which would be remedied adequately by fluoridation, the state

¹⁴No experienced and reputable physician would ever approve of mass medication. His first effort on call, is to try and find the cause of the ailment, and then prescribe the *proper* and *select* medication. To advocate any remedy, even though natural, to be given a person who is not ill, is, *by its reaction, liable to be causative of disease*. It is certain that nine out of every ten reputable physicians would denounce mass medication of the physically well.

Perhaps the two largest groups of people *most conscious* and *concerned* about their people's well-being and health, are the Catholics and Jews, and for this great credit must be given them whatever our personal opinion of race or creed may be.

¹⁵References to statement made by His Holiness, Pope Pius XII to follow.

would be justified in introducing this means of meeting the difficulty.

"If COMPETENT and RECOGNIZED authorities in the fields of medicine and public health CANNOT AGREE ON the merits of fluoridation¹⁶ it would seem that the state should POSTPONE action in the matter."—*Emphasis ours*.

Rev. Francis J. Connell, Dean of the School of Theology, Catholic University of Washington, D. C., (July 1956), is credited with the statement:

"Even if the majority of citizens want fluoridation they may NOT IMPOSE THEIR WILL ON OTHERS¹⁷ by having the public supply of water fluoridated unless it is morally CERTAIN that ultimately fluoridation will be more beneficial TO THE PEOPLE as a whole, than if it were not used."—*Emphasis ours*.

Rev. Lyle F. Sheen, of St. Malachy's Rectory, Geneseo, Illinois, according to reports, has been militantly engaged in fighting mass medication, and is reported to have said: — *American Mercury*, December 1956.

"I am on dangerous grounds, not because I may be wrong, but rather because I am right, and too many important people are wrong. . . . Many good men were de-

¹⁶ Experts disagree violently. The majority of physicians who have had experience in this matter do *not* approve of mass medication to begin with, and many of them have witnessed the harm done to the bodies and minds of those who have been experimented with.

¹⁷ A question to be answered not only by the proponents for fluoridation *but by all the people is this: Have officials the rights and privileges to impose their own will upon others en masse which the murderous dictators of Europe did not have? If the answer is that they have, then wherein are they different, morally and criminally, from the dictators?*

ceived into joining this *hideous plot*. Fluoridation is a *super-colossal* hoax. . . . False friends will desert me, but as a priest and an intelligent man, I am compelled to speak. For the sake of money or social position, I refuse to betray my helpless parish and friends. . . . I could not face their scorn on Judgment Day when they learn that I knew what sodium fluoride was, and did not tell them.”—*Emphasis ours*.

The Brooklyn Tablet, a leading Catholic Publication of Greater New York, is reported to have printed this statement editorially in its fight against fluoridation:

“Water contaminated with fluorides can be the cause of PREMATURE BIRTHS and ABORTIONS”—see Catholic Mirror of Springfield, Mass., March 1952, “. . . which [also] printed ‘Fatalities due to premature birth, according to the U. S. Bureau of Vital Statistics, constitute one of the ten leading causes of death in the western and south central states, WHERE FLUORIDINE CONTAMINATED WATER SUPPLIES ARE OF COMMON OCCURRENCE’.”—*Emphasis ours*.

It is common knowledge that the foreign dictators believed that Sodium Fluorides would cause miscarriage and abortion and directed one use of it for that purpose. If it is authoritatively shown that it will do this—knowing its action on certain portions of the human system—then the use of fluoridated water for human consumption by Catholics [and all others as well if consciously used] would constitute a cardinal sin.

His Holiness Pope Pius XII, in the *Moral Limits of Medical Research and treatment*, September 14, 1952, is reported responsible for this statement:

“The great post war trials brought to light a terrifying number of documents testifying to the sacrifice of the individual to the ‘medical interests and community’ . . .

medical experiments immediately and directly affecting the physical being.¹⁸ Public authority has no power in this sphere. It cannot, therefore, pass it on to research workers and doctors."

Ever since the time of Moses, the Jews have been extremely sensitive of health conditions and against anything, especially food—water is an integral part of food—that would interfere with physical and mental normalcy. This is so clearly indicated by their edict against pork in their diet.

New York City has been called the *City of the Jews*. Although New York City is one of the largest in the world, and the state of health of the people is of prime importance, it does not have fluoridation of its water supply. This failure to fluoridize is unquestionably due to the findings and conclusions of the New York Water Commissioner, and is to his eternal credit.

The opinion of Arthur C. Ford, Commissioner, was published and has been widely circulated throughout the country by the Greater New York Committee Opposed to Fluoridation and, because of its straightforwardness and clarity, is here reproduced in full:

NEW YORK WATER COMMISSIONER STATES REASONS
FOR OPPOSITION TO FLUORIDATION
Statement in a Letter to Civic Group

¹⁸ Anything that has a detrimental — a toxic or poisoning effect — on the physical man, also has a *direct and detrimental effect upon both the mind and the Spiritual being*. The Pope, as the leader of millions throughout the world, was fully justified in his pronouncement. Fluoridation without the consent of the people, or even with their consent, if they are ignorant of its effects on mind and body, cannot be justified. It is forced experimentation upon vast numbers who cannot, or are unprepared, to resist and protect themselves and their families. The writer is neither Catholic nor Jew and cannot be accused of favoring either.

THE CITY OF NEW YORK
Department of
WATER SUPPLY, GAS AND ELECTRICITY
Municipal Building
New York 7, N. Y.
Arthur C. Ford, Commissioner

March 13, 1956

"Under the City Charter, the Commissioner of the Department of Water Supply, Gas and Electricity is charged with the responsibility of maintaining the purity and wholesomeness of the city water supply. The matter of purity has a direct bearing on the people, and involves the determination and evaluation of the tolerance of suspect, hazardous or toxic substance.

"The department has extensive laboratories staffed by reputable scientists and competent sanitary engineers, with a massive library in which is contained over five thousand references on the subject of the fluorides alone. We have continued to study and evaluate the effect of toxic substances as related to water supply. The matter of fluorides has been under our scrutiny for over 20 years.

"The addition of fluorides to the water supplies is not coupled with the concern of maintaining or improving the quality of the water or making it safe. No one has suggested that dental caries is a water-born disease or that water is a cause of dental decay. No satisfactory reason has ever been advanced to show why everyone in a community must be compelled to risk life-long extraordinary exposure to the toxic action of fluorides, particularly when safer, more effective and more economical ways of administering fluorides for caries prevention in children's teeth have been pointed out and are available.

"Whatever the merits of fluoridation, it would not concern us as a department if the question of water supply

safety were not involved. But we are concerned, and, like yourself, in all conscience, our concern is primarily with the safety of the water supply for each and every individual of our entire population of eight million people throughout the City.

"We are aware that the fluorides are extremely toxic substances, and evidence exists to show that even at the recommended level of one part per million of fluoride in drinking water, people in fluoridated communities have been harmed. A very small percentage among a population of eight million, sensitive to the chemical and adversely affected, would constitute a serious significant number of persons harmed.

"We know of reputable, independent medical authorities throughout the United States and in the local area who have found evidence of fluoride damage to persons living in fluoridated communities. These medical authorities disagree with the fluoride hypothesis, and they have raised grave questions with respect to the safety of the procedure for an entire population which includes the young, the old, the susceptible and the infirm as well as the healthy.

No one has made a claim that the ingestion of fluoride can be of benefit to the teeth beyond the formative years of childhood. Because of this, and for reasons of safety and economy, this department has proposed that the City distribute fluorine tablets through health stations, free of charge, for parents to administer to children. The cost to the City, ascertained at less than 25 cents for a thousand days' supply for each child, would be less than one-fifth of the cost of a fluoridated water program. Tablets (a pharmaceutical grade in contrast with the commercial by-product used in water fluoridation) would provide an exact procedure, *under control*, to be taken only by those during the formative period of their teeth.

"Fluoride, besides being a toxic substance, is not all excreted when taken into the system, a significant percentage remaining cumulatively. Fluoridation of the drinking water at any level of concentration *is a very indiscriminate procedure*, since children drink widely varying amounts of water, each according to taste, physical activity and seasonal variations of the year. The daily intake of one child often differs greatly from that of another who may drink milk, fruit juices and soft drinks in abundance.—*Emphasis ours.*

"How then, will each child receive its appropriate share of water having a given concentration in parts per million of fluoride?

"The problem of managing the control of dosage of fluoride chemical to obtain uniformity throughout a grid-work of more than 5000 miles and tunnels involving different sources and pressure gradients, as in the New York system, is formidable. None of those who have made statements to the contrary have ever had the experience nor do they possess knowledge of what the exact result would be. Our concern and responsibility in the department is to provide the people of our city with a dependable supply of the purest and safest water possible. No one can guarantee similar safety to all the people in the City of New York under a program using the water supply as a fluoride vehicle.

"The people of the City of New York are entitled to know the risk they are being asked to assume before endorsing a program involving so many questions yet unanswered.

"Unfortunately the form on the subject of fluoridation is not as open as it should be, even among professions. Although this reply to your letter is written at length, it is

impossible here to do more than call attention to the complex nature of your fluoride proposal. There has been too much of mass hysteria, blind following and lack of objective thinking by too many people on both sides of the question. We believe the serious nature of what you are proposing and supporting deserves all of your objectivity in inquiry and thought, and a good look at all of the facts."

Very truly yours,
Arthur C. Ford, Commissioner

The 1939 Year Book, Pages 212-213, under the title *Food and Life*, warned:

"It is especially important that FLUORINE BE AVOIDED FROM BIRTH TO THE AGE OF 12 YEARS." Parents should constantly bear this in mind."

A number of the larger manufacturers of toothpaste warn that it should not be used by children under a certain age. Where fluoridation is in force, babies in arms, both directly and in their mother's milk, ingest this poison¹⁹, and frequently two and three times as much as adults, because as a rule they consume greater quantities of liquids. If it is a Toxic poison in toothpaste where the proportion is small, and there is danger in its consumption by children, what then happens to those children who consume it constantly in the water supply? If it is a poison up to nine years of age, how is it possible for it to be OTHER THAN A POISON AFTER THAT AGE?

One of the most sane, reasonable and logical articles ever published, appeared in THE FREEMAN, July, 1956 edition, and

¹⁹ *Worst of all, and most criminal — bearing in mind what proponents have to say about not giving sodium fluoride to children before their ninth year, the mother-to-be where there is fluoridation, will consume this Toxic substance all during her pregnancy when the fetus is most delicate and impressive.*

written by Fordon B. Leitch, M.D., a practicing physician and surgeon on the editorial staff of *Northwest Medicine*. His views are the result of true American-spirited reasoning on individual rights and are not ideologies designed to destroy man's individual rights of free choice.

"As long as any *semblance of voluntarism* remains with respect to the care or abuse anyone may lavish upon one's own person, it would seem reasonable to propose that use of fluorinated water to combat tooth decay also be left to the will and judgment of each individual.²⁰

"That means keeping fluorident out of community water supply. In the United States of America a person may use reasonable argument and persuasion to his heart's content; but it is a violation of the moral law [and certainly of the Spiritual Law] at least for one individual to try and compel or force another individual to do, or not to do, something against the latter's will.²¹

"Nor is the moral law changed in the slightest if such an individual is joined by other individuals to form a committee, community, society, or a majority, bent on compelling another individual to do something against the latter's Will.²² These collective entities have no right or priv-

²⁰ Sodium fluoride does not build or preserve teeth. It is a metallic — mineral — substance that cannot be metabolized by the system. It is Calcium in conjunction with *natural* fluoride as found principally in natural foods such as fruits and vegetables together with the vitamins and other minerals that builds and preserves body and teeth.

²¹ This, if accepted under pressure, is *paternalism*, and the means to "ultimate tyranny because all paternalism pre-supposes the feebleness of the individual paternalized." — George Wendell Mayey, Chief Justice of Pennsylvania, 1943. *The Equilibrium Between Liberty and Government*.

²² If this is successful, it is *tyranny*. Wilhelm von Humboldt is credited with the opinion: "In proportion as each individual

ileges different from those of the individuals comprising them. The moral law is not a matter of numbers.

"The toxicity of sodium fluoride is not open to question insofar as the chemical itself is concerned. If anyone doubts that it is deadly poison, he can quickly end the doubt—and risk doing the same with his life—by swallowing enough of the white powder to cover a nickel, a lethal dose. How toxic it may be when minutely diluted simply has not as yet been scientifically determined. Claims of absolute safety are still in the realm of unsubstantiated opinion, and, to say the least, hazardous in the face of the known cumulative nature of the substance.

"In the face of the substance's known toxicity, and while the hazards and uncertainties involved in its ingestion from a community water supply remain unresolved, what can those opposed to fluoridation do to protect their rights should they be a minority without political resource? They must rely largely upon an appeal to reason. They might reasonably advocate that those wishing to use fluoride for themselves or their children utilize sodium fluoride tablets, which are available in precise dosage, or drips from a stock solution precisely compounded at the corner drug store. Or why not fluoridized salt, toothpaste, brand of milk, or some other commodity readily available in the free market, in contrast to fluoridation of a monopolized product such as the community water supply?

"Or if the majority, disregarding these readily available and cheaper alternatives, still insists upon fluoridating

forgets his personal responsibilities and relies upon the helpful vigilance of the State, he abandons to its responsibility the fate and well-being of his fellow-citizens. . . . The inevitable tendency of such abandonment is to *deaden the living force of sympathy, and to render the natural impulse of mutual assistance inactive.*"
— *Emphasis ours.*

water, why not look into the possibility of injecting fluoride at the point where the water enters each home, thus allowing each family its choice in the matter?

"Whether to attach the fluoridation equipment ahead of or behind the water softener might be a problem in some homes. This raises another question: If the majority should insist on fluoridated community water regardless would it then be illegal for a person to install water-treating equipment which would remove the fluoride from his own portion of the water supply?²³

"Would such a nonconformist be deemed a toothless menace to the community and hailed into court for violating the law or endangering the public health?

"The role and interest of public health authorities in fluoridation should not be lightly dismissed. The Surgeon General of the United States Public Health Service has publicly predicted that nation-wide research 'will produce sooner than we think findings capable of turning public health work upside down.'

"In discussing mass application methods for preventing non-infectious disease—many alert observers consider fluoridation the trial run or pilot plant test for such mass medication methods—Dr. Leonard Scheele told a 1953 Washington conference of state and territorial health and hospital authorities that community-wide attack on 'far more serious diseases than dental decay' probably will be forthcoming after laboratory tests have paved the way.

"Those opposing water fluoridation and other believers in the libertarian way of life might reasonably ask

²³ Most of the highest authorities questioned admit frankly that there is no known method to remove fluorides once added to the water.

if there is any logical end to such public health measures.²⁴

"Why not public regulation of the amount of candy and sweets and other tooth-decaying foods to be allowed each person? Why not a law to assure regular brushing and other tooth care? Or is community-wide fluoridation supposed to relieve the individual of all necessity for exercising any other precautionary measures against tooth decay."

Many physicians of the highest reputation—and their number is daily increasing—are openly opposed to fluoridation of water, for a number of reasons, strongest among them that it is mass medication, and no experienced, reputable physician, will endorse any form of medication *for the well*, and none for the ill until *after a careful examination to KNOW*, or have a PLAUSIBLE IDEA OF WHAT MEDICATION SHOULD BE. The act otherwise would be worse than empiric; it would be charlatanism in a dangerous form.

Jonathan Forman, M.D., Editor Ohio State Medical Journal, and Professor of Medicine, Ohio State University:

"I am opposed to adding fluorine to the public water supply because:

"1. There is no evidence²⁵ that fluorine is essential to any of life's processes."²⁶

²⁴ The inevitable end would be tyranny such as known in Germany, Russia and the Satellite nations.

²⁵ Here we have a *positive* statement with which every experienced dietitian and biochemist will agree. Fluorine, except that which is *in combination* with Calcium and other minerals *in organic* matter, cannot be assimilated by, and built into, any part of the human body.

²⁶ The humanitarian is not as concerned with the possibility of mottling of teeth as he is with the purpose for which fluorine has been employed by Asiatic dictators, and what it will do to the nerves, muscles and above all, *the minds of the American people, both old and young, incapacitating them as human beings.*

"2. Our government has no right to mottle one tooth of one child in a million. Yet all admit there is some mottling. The margin of safety between the [protection and mottling] levels is very narrow.

"3. Fluorine hardens other bones as well as teeth and makes them brittle.

"4. Fluoridation at best will only partially prevent tooth decay.²⁷

"5. Even in the proposed dilution, fluorine will *inhibit those life processes which have to do with the body's use of starches and sugars*. It will also inhibit the function of enzymes which control the condition of nerve impulses.²⁸ Fluorine often acts as an antagonist to iodine²⁹, and substitutes itself for that element.³⁰ We ought to know

²⁷ Dietitians of long experience challenge this statement. It is not Fluorine, but Calcium in addition or combination with natural Fluorine and Vitamin C Complex that will do this.

²⁸ It is precisely for this reason that the foreign enemies of mankind employed this Toxic element. Any element which has a tendency to undermine the nerves will do the same thing to the brain structure. In shattering the nervous system it at the same time softens the brain so that thought, reason, and action, will develop only to a certain degree in the young, and reduce it to a like degree in older people.

²⁹ The experienced physician is concerned with the development of goiter as it affects man's physical and mental health. Every Endocrinologist is fully aware of the importance of iodine in supplying the thyroids with this very important element so essential for mental development and the normal functioning of the mind. Anything, whether it be lack of vitamins and minerals as a result of the denaturing of food, or the addition of additives in food processing which interferes with such development, must be avoided if there is to be mental health.

³⁰ It was the totalitarian dictators of enslaved countries who, so far as known, first employed Sodium Fluorides for the purpose of making human puppets out of the people, reducing them mentally to near morons, by bringing about mental de-

more about the goiter-producing capacity of fluorides before we begin to drink them.

"6. To make it compulsory to take this medicine is totalitarianism.

"7. Howell and his associates used stannous fluoride painted on the teeth and obtained as great a reduction in decay as was ever done by adding salt to the drinking water.⁸¹

"8. The [sensible] proposal is made to give to each family where there are children [of proper age] tablets with which they could fluoridate their own drinking water. This should [would] be as effective and cost only a fraction of the present proposal.

"9. It [general fluoridation] is not justified from the viewpoint of the taxpayer. Only about 10 per cent of the water is consumed by humans but all must be fluoridated.

"10. There are dangers. The machinery gets out of order rather often. The salt corrodes the pipes. . . .

"11. Fluorine is not to be confused with chlorine which we now add to our water to prevent the spread of communicable disease and make it 'pure.' This is a *public* health measure justified in that it protects the citizens when they cannot protect themselves against germs of disease. Dental decay is a personal [and individual] problem and is not contagious. . . .

"12. The method of calculating the dosage is *against every medical practice*. Medicine is always figured on the amount per pound of body weight [or the severity of the

generacy that they might be easily governed. It is therefore a totalitarian method and based on subjection which cannot be termed anything less than tyranny. It is this phase of fluoridation that first aroused the people against it.

⁸¹ This was, and is an individual matter between physicians and patient, and the patient is *not* subject to compulsion.

condition]. Here we are to take it without any thought to how much water we drink [or the need of it, and we may be toothless]. The diabetic with his great thirst and the person with arteriolchlerotic kidneys will get (far) more than some well person [and in these cases it is counter indicated]. Likewise the amount you take on a hot day will be more than on a cool day.

"13. Fluoridine is *not* tolerated by children who [might] need it most—the obese candy-eating child and the poor child living mostly on starches.

"14. People may be led into thinking their dental problems are over. They may forget that diet and lack of dental exercise still play major roles in causing decay.

"15. . . . of those engaged in basic research who are opposed to fluoridation are Dr. Hart, the dean of American nutritionists at the University of Wisconsin, and Clive McCoy of Cornell, recognized as men outstanding in dental research in nutrition; Prof. Neuman of Columbia; V. O. Hume, director of research in the Forsythe Dental Infirmary in Boston; the Drs. Scott, who have spent more than 20 years in the study of fluoridation and its effects on the teeth; Dr. Taylor of the University of Texas, and Paul H. Philips, professor of Biochemistry at the University of Wisconsin.

"16. Fluorine in natural water [may, if too great an amount] harm the teeth, while it does not if the water that is so hard fluorine is bound to the calcium (lime) and thus is not available for absorption into the body."—*Emphasis and interpolations throughout, ours.*

Jonathan Forman, M.D.

Editor Ohio State Medical Journal

Professor of Medicine, Ohio State University

Below are late fluoridation data contained in an address [reportedly delivered] before the N. Y. Advertising Club June

27, 1956, by Laboratory Director Benjamin E. Nesin, who is in charge of the rigidly-trained chemical staff having the duty of making safe N. Y. City's great water supply.

"The Water Supply profession *cannot guarantee the* comprehensive safety of fluoridation. . . . No matter how carefully fluoride is introduced at the treatment plant, no one is in a position to guarantee the amount which may occur at any particular point in the distribution system, or the more varying amounts consumed by individuals.

"The discovery of *fluoride in kidney stones* is a very recent finding. . . . It must be stated that the support given fluoridation by most of the endorsers has *no scientific value*. . . . The intake of fluoride is at least three-fold greater—and more likely *five* times greater—for the individuals living in communities with water supplies fluoridated *at the recommended level*. . . .

"It is indicated that an individual exposed to lifelong ingestion of fluoridated water consumes at least *fifty times* more than is required for the claimed partial prevention of dental caries in children. . . . Mottling of teeth is *inevitable* where the water supply is fluoridated at the recommended level.

"Dr. Paul Philips, an outstanding investigator in fluoride research, says: 'Fluoridation cannot meet its proponents' claim that it will prevent caries'. . . . The cumulative *effect* of fluoride in bones leads to deformity and crippling—*an established medical entity*. . . .

"It is impossible to underwrite fluoridation *with a factor* of safety. . . . Our Water Dept. does *not* specifically recommend that any one take fluoride, since it is aware of cases where the *very small quantities recommended for children have been toxic*. . . . Dr. Alton Ochsner, an outstanding physician-surgeon, states: 'I am convinced that there are very few people who know much about fluorida-

tion.' In general it must be stated that the average physician or dentist is *not critically informed* on the subject. . . .

"It is difficult to see how public health authorities can guarantee the safety of fluoridation. . . . *The whole concept of fluoridation is a perversion of hard-earned experience acquired in the development of safe water supply practice.*"
—*Emphasis ours.*

The universal question asked by those who are *truly* American, law abiding, *health conscious*, and uncertain what procedure to follow in protecting the bodies, minds and Spiritual welfare of loved ones, is:

"What can we do if, against our will, the water supply is fluoridated?"

The answer is simple, but not always easy to carry out, especially in those districts where the sources of water are limited.

Do *not* use fluoridated water in the family either for drinking or cooking purposes. If fresh springs are available, go there for your water supply. If they are not, then buy bottled water. It is cheaper than doctor bills for undermined physical and mental ills, and may save you hours, perhaps months or years of mental agony.

REPORT OF HEARINGS

New York City held public hearings on fluoridation at which some 700 attended. These hearings were concluded March 7th, 1957. One of the chief witnesses was Water Supply Commissioner, Arthur C. Ford. He charged that "at best fluoridation delays³² tooth decay for two years, that there is proof of fluoride damage to persons in fluoridated communities and that concentrations of fluorides in the city's water pipes could not be controlled."

The Daily News, March 8th, 1957, reported:
"FLUORIDATION CHANGES SEEM TO TRICKLE AWAY"

By Dominick Peluso

"Fluoridation of New York's drinking water appeared doomed yesterday on the basis of comments by the eight Board of Estimate members who sat through a heated 14-hour public hearing of the proposal. The hearing ended at 2 A.M. yesterday.

"A majority of the Board expressed serious doubts and one member, Queens Borough President James A. Lundy, said: 'I am ready to vote now—and vote *no*. The hearing strengthened my original conviction.'

"WANT MORE TIME:

"Mayor Wagner and Bronx Borough President James Lyons took a cautious view, saying they want more time for study. Consensus around City Hall was that the proposal will be knifed without being submitted to a referendum, but that nothing will happen until after the fall election.

"Other official comments were: Controller Lawrence Gerosa—'I am gravely concerned over the long-range possibilities of harmful effects.'

"Manhattan Beep Hulan Jack—'We have to be sure that all the hazards are eliminated or controlled. We'd better go slow.'

³² After 55 years of practice as a Dietitian, being one of the first men in America to maintain that diet could prevent many diseases, and help eliminate many ailments afflicting the human race—I repeat: *It is not Fluorine that builds sound teeth and maintains them in a healthy state, but organic Vitamin C Complex and organic Calcium. Vitamin D and Phosphorus is a natural associate of organic Calcium. There are no poor teeth where a sufficient amount of these elements is supplied the system in the foods ingested.*

"Staten Island Beep Albert Maniscalco—"Before the hearing I was confused. After a 14-hour bombardment of conflicting facts from both sides I am completely baffled."

"Council President Abe Stark—"The more I look into it the more I hesitate. It might be good to hear from the five county medical societies. Who am I to decide?"

"Brooklyn Beep John Cashmore—"Wait until the American Medical Association submits its re-evaluation in December. I still question the advisability of giving fluoridated water to diabetic and others with ailments'."

CHAPTER FOUR

Section One

Dangers in Fluoridating Public Water Systems

*One of the Most Comprehensive, Detailed,
Temperate, Statements on Fluoridation
is that of Charles A. Bruschi, M.D., of
Boston, Mass., Published and
Circulated by*

THE AMERICAN PUBLIC RELATIONS FORUM,
BURBANK, CALIF.

*It May Well Be Considered as an Almost Complete
Resumé of the Subject*

"The issue . . . is whether or not we have a right to add artificial fluoride one part per million (p.p.m.) to our public water supplies, for the sole purpose (and the one excuse) of helping to delay the decay of the teeth in children up to and including twelve years of age.¹ This proposed treatment of an individual condition, which is *not* a communicable disease, brings up many problems of a moral, legal, economical and scientific nature.

"If we familiarize ourselves with some of the facts involved, it will perhaps be easier to understand just what these problems are.

"God, our Creator, gave us not only a material body, but also a Soul and a free Will to control the same. It is man's free Will that gains for him the inalienable right to

¹ At most, it is generally, though not universally accepted, that the benefit, *if there is actually a benefit*, is to children only. If this is true, why must all above that age be penalized by being compelled to drink this poisoned water, which is almost certain to affect destructively these millions in the four cardinal centers of their being: *the muscular, nervous, mental and procreative* by a Toxic substance which has been used *for this very purpose* by the enslavers of untold millions in Russia and their captive countries.

choose to say or not to say, to do or not to do, those things that will either benefit or harm him.²

"An outstanding theologian at the Catholic University of America here in Washington has written, in an article "FOR TOOTH'S SAKE," in essence, that civil officials who wish to use fluoridation must have sufficient proof to provide moral certainty that it will not be harmful.³

"Leaders of the Christian Science Church and many other outstanding religious groups also believe that the individual has the right to choose for himself in this matter.⁴

"The civil rights of man⁵ are protected by the articles of federal and state Constitutions. These have long prohibited the contamination or pollution of our food and

² The *Inalienable* rights of man to manifest this Free Will has been all but destroyed in America. Even to express an opinion which may be contrary to that held by another who may be in a position to take unfair advantage of the person expressing such an opinion, by bringing charges that such person is mentally ill, resulting in incarceration in a mental institution with forfeiture of property. There are numerous such instances on record. Refer to companion volume, *Age of Treason*.

³ This should be the contention of *all* fairminded people, *who should be as jealous of the rights and welfare of others, as of their own*. Only in this manner will they be able to protect their own privileges.

⁴ While we do not agree with the religious concepts of these organizations, they should possess the right to judge what is best for their bodies and Souls; the Right to protect and guard against compulsory medication, *especially when it is not prescribed by an experienced physician who is American in spirit*.

⁵ These guaranteed Civil Rights have been annulled by recent Legislative enactments erroneously called "Civil Rights," but actually Laws which enslave the majority of citizens because they can no longer seek redress for rights and privileges infringed upon. Refer to *Chapter on Civil Rights* in the companion work, *Age of Treason*.

water supplies with harmful substances, and about fifty years ago the Pure Food and Drug Act⁶ was enacted to set up further protection from such dangerous practices.

"There have been two congressional hearings on fluoridation within the past few years and a great number of reports have been published in the Congressional Record. One of these was the famous Delaney hearing and the other was the Weir Bill discussion. After lengthy testimony by outstanding witnesses on both sides, the finding in the Delaney hearing was: "Go slow with fluoridation."

"Economically fluoridation is very expensive. Only about one-tenth of 1% of our water supply is used for drinking purposes, so that the fluoridation of 99.9% of our water supplies would be a sheer waste. 1.7 grams of pure sodium fluoride added to 2 gallons of water would give 1 teaspoonful of 1 mg. of fluoride a day for two years at one cent a year. This dosage is equal to 1 p.p.m. fluoride.

"Also, since it is very difficult to distill the fluoride out of water, fluoridation seriously interferes with the production of such commodities as drugs, canned goods, beers, tonics, batteries, etc. Some manufacturers have been obliged to install expensive equipment to defluoridate their water supply. This has been done with some baby foods, to make them safe for consumption.

"Yet again, fluoridation has created a problem for the raisers of animals and livestock, particularly cattle. It has been reported that the breeding of expensive chinchillas has been seriously affected.⁷

"It now becomes necessary to enter the realm of

⁶ This is not altogether true, in fact, *has never been true*, as clearly pointed out in another Chapter.

⁷ This is no longer a supposition, but a fact as many who have been engaged in raising fur animals testify.

chemistry—more specifically that branch of the science known as biochemistry—in order to examine the composition of the human body and the effect upon it of certain chemical compounds known as flourides.

"About five hundred years ago, the greatest and most versatile genius of the Renaissance, Leonardo da Vinci, wrote that 'Man is composed of air and fire and water.' Modern scientific research has proved that da Vinci's hypothesis was correct and that many elements—carbon, hydrogen, phosphorus, sulphur, etc.—in various combinations enter into the composition of man's body, thus binding him up indissolubly into the natural universe.

"All the elements in nature, alone or combined, have certain chemical actions (affinity) regulated by volume, concentration, temperature and pressure. All have certain atomic weights, so that they may be differentiated one from the other.

"By their nature, elements are of the three types—essential—inert or harmful.

"The essential elements, such as foods, water, etc., are useful and physiologically necessary for the growth and repair of tissue. The inert elements fill no apparent need and occur mostly as contaminants in food and water. The harmful elements, such as mercury, arsenic and lead, combine with the body cells and interfere with their physiological functions, being classified as toxins or poisons. To this class also belongs sodium fluoride, although it is now said to be necessary or essential.⁸

"Fluorine is the most active member of the halogen group of chemicals, occurring in nature in three forms—

⁸ Only the Fluorine found in vegetables is metabolized as are other organic minerals. This organic Fluorine is balanced in *proper proportion* with the other organic minerals in the plant, forming an *harmonious unity*.

gas, liquid and solid. In the human body, fluorine is a variant and is ingested in water, air or food. The halogens as a class are salt-formers and fluorine has an affinity for calcium wherever it occurs, whether in the soil, in plants or in man. Together they form the chemical compound known as calcium fluoride.

"Fluorides occur abundantly in the first mile of the earth's crust. Sea water contains 3 p.p.m. Water, plants and animals absorb fluorides—plants from the soil and man indirectly from plants and animal-flesh.⁹

"There are two main classes of fluorides: Those occurring naturally, such as calcium fluoride, and those produced chemically, such as sodium fluoride. Calcium fluoride is not as Toxic as sodium fluoride, because it has a higher weight and therefore does not dissolve as readily in water. The lower the atomic weight, the more active the electron.

"The atomic weight of calcium fluoride is 99, that of sodium fluoride 41.997. Sodium fluoride has a solubility of 1 part in 15 parts of water and is 85 times more toxic than calcium fluoride.

"Sodium fluoride is a highly toxic, cumulative, protoplasmic poison. In minute doses, over a long period of time, it reduces immunity, activates the disease processes, especially of inherent factors.¹⁰ It may act as an acute, sudden poisoning or as a chronic, slow poison over a period of time and also as an allergenic substance.

⁹ The plant absorbs the inorganic mineral from the earth and *transmutes (organizes)* it. The animal obtains the necessary amount from the organized, harmonious blend in the grains and grasses. Man consumes it from the meats, vegetables and fruits.

¹⁰ Chemicals of this nature will gradually *Disorganize* the harmonious functioning of the entire system. *Defunctioning* may begin by first interfering with the action of one certain organ.

"An example of acute poisoning occurred in an institutional kitchen, where sodium fluoride was mistaken for powdered milk, in the preparation of scrambled eggs. Out of a group of 263 persons, 47 fatalities were reported. It is a known fact that the mortality of fluorine poisoning is very high.

"We are here rather interested in the slow, chronic type of poisoning occurring after ingesting small amounts over a long period of time. Sodium fluoride blocks in the body much like such contaminants as arsenic or lead.

"While all fluoride compounds have some toxic effect, the chemical reactions vary greatly because of atomic weight. Thus stannous fluoride at 2 p.p.m. is more active than 10 p.p.m. of sodium fluoride, and the fluorapatite at 700 p.p.m. is equal to 1 or 2 p.p.m. of sodium fluoride. This last is an interesting fact, because it is in the fluorapatite form that the fluorides, however contacted, finally do their destructive work in the body. *You see, to be assimilated by the body, a mineral must first be converted by plant or animal life.*¹¹ Man is much more sensitive to fluorides than animals, generally speaking.

"Every individual has a certain allergic tendency. As we know, a person may be allergic to such essential elements as wheat and eggs. Milk may cause a rash in one child, while another may be sensitive to strawberries or penicillin. The ingestion of sodium fluoride affects every cell or every system of the body to some extent.

"Since sodium fluoride is pharmacologically classified as a protoplasmic poison, *minute doses ingested over a long*

¹¹ Those who believe there is no difference between organic and inorganic minerals will deny this. The Biochemist and experienced nutritionist have learned by experiments and experience that the organic is metabolized and vital, while the inorganic interferes with life processes.

period of time are capable of producing an allergic response, precipitating the loss of immunity and activating inherent sensitivity factors.

"In this connection, it might be interesting to note the results of studies made at the Brusch Medical Center. It was found that in over one thousand cases of varying allergic manifestations, *every one was allergic to sodium fluoride to a greater or lesser degree,*¹² depending on the inherent rate of allergy or immunity loss. The Healy Blood Allergen Diagnostic Method was used. In this test, the blood in gel-media is tested directly with sodium fluoride 1 p.p.m. and the preparation of specimens calls for 5 cc. of venous blood from the antecubital vein and 5 cc. of tap water. As many as 120 basic factors are used, including common pathogenic bacteria, common pathogenic molds, indoor and outdoor dust, contacts, drugs and industrial substances of all kinds. In this series of tests, sodium fluoride was rated a "high sensitizer" or an allergen outside the basic or common everyday factors.

"The recognized allergic symptoms or varying kind and degree manifested are: vasomotor disturbances; wheezing (asthma); gastro-intestinal disturbances; urticaria (hives) and acne (dermatitis); circulatory changes (rheumatic, joint, cardiac, etc.); migraine; anemias; and bone changes (arthritic, calcium loss or displacement).¹³

¹² This is Nature's defense in animal and man; a defense developed throughout the ages, and is based on the Operating Law that necessitates the grasses and vegetables to transmute, or metabolize, the *inorganic* before they can be useful to man and animal.

¹³ *Who is to watch the appearance of these symptoms when the Toxic substance is ingested in water, beer and other drinks, as well as the food so adulterated and consumed in mass medication?* The physician is constantly on guard against any possibly unfavorable symptoms in his patients, but these millions of

"The amount of fluoride necessary to cause cell intoxication depends on the volume and concentration of the drug in the blood stream. It is well nigh impossible to have a fluoride-free diet, and since the advent of fluorine chemistry about twenty-five years ago, there is more fluoride in the air, in the form of dusts, fumes, vapors or sprays. It is all around us, at home and abroad. We contact it in natural and in unnatural radiation, in fluorescent lighting, in television and at the movies.

"Today almost every industry uses fluorides in some way. It is used as a flux in tanneries and bleacheries, and plays a part in the production of varnishes, plastics, rubber goods and emeries. This has given rise to many medical books and papers on industrial fluorosis, acute and chronic, and on sensitivity effects on the skin, lungs, kidneys, bones, blood and teeth of individuals handling fluorides daily in the form of hydrofluoric acid or cryolite.¹⁴

"Life in all of its phases involves a constant variety of energy changes. These produce amazing transformations in matter, whether of the soil, the air, the water or the human body. Take the latter, composed as it is of trillions of cells and each cell conducting an efficient chemical laboratory for the transformation of matter. In the adult as well as in the child, all life's processes are carried out by the cell functions. They absorb and secrete essential ele-

"compulsory" patients, have no one to guard them against such poisoning. Who will be responsible?

¹⁴ Now to this breathing-in of this Toxic substance, its consumption in adulterated foods and liquids, is to be added the additional quantity in the drinking water. Taken altogether, to how much will this amount? Be it borne in mind, the *supposition* is, that only the young up to a certain age, will need it to protect their teeth. After that age admittedly there will be interference with all the normal natural activities of the organs of the body; *the muscles, nerves and brain.*

ments like sugar, salts, fats and proteins and transform them into useful and necessary chemicals for the body machine—namely, enzymes, vitamins, amino-acids, hormones, etc.—which are oxidized to produce warmth and energy, growth or repair. They also provide for the assimilation of foods—essential elements—and for the removal of waste products and ash.

"Basically the problem of health is the problem of the normal cell and its activity.¹⁵ These are biochemical in character. Now the make-up of the body is predominantly protein-carbon, hydrogen, oxygen, phosphorus, sulphur and all kinds of combinations and recombinations of these elements. Modern studies have brought about medical recognition of atoms and molecules and knowledge of their presence in the cell substance.

"In considering the rate of absorption of fluorides into the body chemistry, there are a number of factors to be taken into account:

"a. The condition of the body, or its ph (acid-base equilibrium). If the body is already acid, more will be absorbed.

"b. If the liquid is acid, more acid will be ingested.

"c. If a person were to drink one quart of water at a time, not as much fluoride would be absorbed as if the same amount of water were drunk over a long period of time in small amounts.

"d. Most of the water contains chlorine, which has been added to kill contagious bacteria. If sodium-fluoride

¹⁵ When there is interference with this normal cell activity, there will be the beginning of an abnormality which we term disease or *unease*. This interference, or stultifying effect, will continue, *not decrease*, so long as the Sodium Fluoride is consumed in any form *until finally chronic ill-health or mental deterioration results*.

were added to the water, a compound known as silico-tetra-chloride would be formed. In wartime this is known as smoke screen gas, an irritating substance. Other chemicals may have other more irritating reactions.

"e. Such beverages as tea have 100 to 500 p.p.m. and milk 5 p.p.m.

"f. When water is boiled, the fluoride content becomes concentrated, so 1 p.p.m. Foods cooked in this water have a higher degree of fluoride content.

"g. Fluorides in water are four times more toxic than in foods.

"h. Soft waters absorb more fluorides than hard waters, containing buffers like calcium and magnesium, silicates and bicarbonates.

"Colorado, 2.6 p.p.m., 100% total mottling.

"Woodstown, N. J., 2.6 p.p.m. plus 485 p.p.m. total solids. No mottling.

"Factors influencing absorption of fluorides in the human body.

"a. Infants and elderly people absorb more.

"b. Small amounts frequently ingested mean more absorption. Dead tissues absorb more.

"c. Infections with fever cause more fluoride to be absorbed. Tooth decay is greater after illness.

"f. Glandular dysfunctions cause greater absorption.

"g. Females absorb more than males.

"Here is the fluoride content of a few common foods:

"Baking Powder—3,000 to 4,000 p.p.m.

"Buckwheat—700 p.p.m.

"Cabbage—74 p.p.m.

"Fish—28 p.p.m.

"Liver—1.5 p.p.m.

"Rice—9 p.p.m.

"Spinach—6-8 p.p.m.

It is to be borne in mind that fluorides in vegetables and fruits are *organic* and in no sense detrimental to health.

"Fatty foods absorb more than carbohydrates and stay longer in the system. Foods high in minerals (calcium, magnesium, aluminum), less Fluorine is absorbed.

"Foods rich in vitamins, less fluorine is absorbed.

"Various diets give various combinations of fluorides.

"The physiological action of a fluoride varies with the manner of contact—whether it is ingested, absorbed, inhaled or injected.

"Fluorides also have a different action on different cells and at different ages.

"In passing, I would like to say that it is very difficult to control equipment for the measurement of sodium fluoride 1 p.p.m. and its distribution in the water supplies. Mechanical interference due to erosion of pipes from fluoride action causes many plumbing difficulties.

"It will now be seen why it is so important to have pure water, especially when you consider that every cell in the body contains from 65 to 85 percent water. These cells are dependent on water intake to hydrolyze essential elements for assimilation for the physiological needs of the various cells.

"When sodium fluoride is taken into the system, it is absorbed in the upper part of the small intestine and carried by the blood stream into the various cells, organs or tissues in the form of calcium fluoride, robbing the body of calcium. If there is a deficiency of calcium in the system, it will combine with the minerals, displacing them from their essential use and disrupting their function. Just as it acts as a flux in a metal-processing laboratory, so in the human¹⁶ body it activates an insidious demineralization under varying conditions and in varying lengths of time.

¹⁶ A process of gradually unbalancing the actions of the

"It may either enter the cell or remain outside of it, forming an insoluble precipitate which impedes the feeding or breathing of the cell. As a result the cell may lose of its functions or it may die. Some of the calcium fluoride is carried to connective tissues and bones, where it is stored. Some is excreted through the gastro-intestinal tract, some through perspiration and 0.1 part through the salivary glands. It has been known that fluoride has been excreted by the kidneys as much as a whole year after its ingestion had been stopped.

"It affects the enzymes such as enolase, phosphatase, lipase, urase and adenosine triphosphate in various ways. These are predominantly protein substances and, as catalysts, have a metallic portion and when this is depressed, their action is nullified.

"Thus the formation of adenosine triphosphate is hindered and the action of lipase is decreased by 50% in dilutions of 1 to 15 million.

"The inhibition of the enzyme phosphatase results in progressive degenerative changes in nerve tissues throughout the body by altering the phosphorus calcium ration and blocking the utilization of vitamins B and B-1, affecting to a large extent the cerebral area.¹⁷

"The kidney enzyme urase activates the glomeruli, which are the absorptive cells of the kidney. Its depression, blocking or loss causes an increase of uric acid accumulation and formations of crystals.¹⁸

many organs of the body, every one of which may be the beginning of ill-health and become chronic.

¹⁷ A factor in the deterioration of the mental faculty, the reason for which it was first *inhumanly* employed by the enemies of man and God.

¹⁸ There is every reason to believe that Arthritis and many other muscular diseases from which an ever-increasing number

"The primary gland in the body, the pituitary, is interfered with seriously. This affects the growth and development of bones, teeth and reproductive organs. As a result, we have bone disturbances of mild to severe degree resembling arthritic and rheumatic changes, often with cartilage involvement.²⁰ Mottling of teeth, mild to severe, also occurs, as well as softness of teeth and periodontal disease. A nutritional deficiency from failure of this gland causes a mineral imbalance which can bring about premature births, stillbirths, abortions, miscarriages or sterility.²¹ Embryonic tissue, which is rich in primary gland substance, especially from the first week to the third month of pregnancy, is affected.

"The fluoride replaces the iodine radicle in thyroxin,²² the active substance of the thyroid gland, which is a key to body metabolism. This action is very important, because the thyroid gland has to do with mentality,²² achievement and also the beauty and perfection of the human body. When carbohydrate metabolism is injured, diabetic symptoms such as an excess of sugar in blood or urine may appear. Chronic fluorine poisoning affects the "T" section of the brain concerned with volition and the will to resist.²² (The same area is affected by hypnotism.) Experiments on rats have shown a marked deterioration in mental alertness accompanied by a state of passive bewilderment.

suffer, may be caused by Sodium Fluoride in processed foods and drinks.

²¹ There is no doubt that Sodium Fluoride adversely affects the procreative nature, system, organs of both men and women, and one of the main intent by those viciously inclined was to this end. Marxist literature is replete dealing with its use for this purpose as well as for mental deterioration.

²² This has been extensively dealt with in *the First Chapter of the present volume*.

"Normal adrenal action is interfered with by the prevention of absorption of vitamin C. Then we feel dull and tired for no apparent reason. Very important too is the muscular asthenia or weakness—sometimes even complete loss of function—or again hyperactivity of the muscles.²³

"Fluoride poisoning can also produce persistent blood dyscrasias with resultant changes in circulation. Blood-cholesterol may be increased and coagulation retarded from six to twenty times. It has also been found to hasten the course of the disease in mice with cancerous tendencies, because of lessened immunity. *Auto-sclerosis* may also be induced.

"Common symptoms are affections of the skin, mottled or flecked fingernails and thinning or loss of hair.

"Factors contributing to tooth decay are: heredity; glandular metabolic dystrophies; nutritional metabolic dyscrasias; infections, bacterial and viral; traumata; and poor or negligent hygienic practices.

"Composition of the teeth: Enamel—90% tri-calcium phosphate, 10% calcium carbonate.

"The amount of fluoride in the teeth varies from none to a minute trace, to over 500 p.p.m. in the apatite form.

"Due to individual hypersusceptibility, the teeth may become mottled or soft. Mottling may be a mild to severe cosmetic disfigurement. It is not possible to predict who will get mottled teeth. Teeth may also become brittle and break. Fluorides can affect the pulp chamber of the tooth as well, causing periodontal disease. Many cases of such condition are characterized by an allergy of wheat. More

²³ One of the initial reasons for the use of Sodium Fluoride by the enemies of the mass, was for the purpose of *shattering the nervous system and the deterioration of the mind of the victims.*

teeth are lost from pyorrhoea after thirty years of age than from tooth decay.

"Forsythe Dental Infirmary records show that children on a balanced diet have had a decrease in tooth decay from 3.51% to .73%.

"The early teaching of a proper regard for teeth because of their general correlative importance to general body health.

"Making good dental hygiene a constant habit.

"An appreciation of the cosmetic value of good teeth.

"Because the tooth germ-cells are laid down so early in the formative stage of a new life and because they are so susceptible to virus of fluoride contact of any kind, the health of the mother must be stressed and measures taken to insure it before, during and between pregnancies.

S U M M A R Y

"Since the exact cause of tooth decay is not known nor can it be shown that fluoridated water will prevent it, and because we are already getting plenty of fluorine through our foods and are practically surrounded by it, *it is clear that we can have good teeth without fluoridation but not without plenty of essential minerals (calcium and phosphorus), especially not without essential vitamins and a properly balanced dietary intake and of course not without well taught habits of dental hygiene.*

"Tooth decay is an individual condition and not a contagious disease. Therefore sodium fluoride should not be put into the water supplies from which all and sundry must drink. *On the contrary, water should be kept as pure as possible, since it is the universal cell solvent so vital to human physico-chemical relations.*

"Statistics available on decrease in tooth decay are not reliable because they fail to take into consideration that:

"Water intake varies with each individual. (Thus an athlete or manual laborer will drink more water than an office worker.)

"Fluoride intake varies with diet.

"No comparative studies have been made in this regard.

"No consideration is taken of the chemical composition of water.

"Migrations of the population have been considered.

"If there is a decrease in decayed teeth, an increase in good teeth should appear.

"How inclusive statistics can be was strikingly demonstrated recently in New York State. Dr. Forest of the University of the State of New York reported an increase of 33⅓% in damaged or destroyed teeth in the fluoridated city of Newburgh over the unfluoridated city of Kingston. Later a Dr. Ast reported 50% more tooth decay in Kingston than in Newburgh.

"When we hear of fluoridation being put into effect at Army and Air Force bases here and abroad, we wonder why the public is never notified that the fluoride is a harmful substance and why it has so often been secretly put into water supplies throughout the country.

"Are mass medication and experiment to be made *compulsory* on the entire population from birth to death, whether they want it or not? Have we no longer the right to personal care by our family physician or dentist? Is this right to be taken over by police power?

"Why is it that we (generally) hear only one side of the story from newspapers, radio, television and town meetings? Is this to (become) be the American Way of Life?"—*Emphasis and interpolations ours.*

CHAPTER FOUR

Section Two

Some Opinions of the Proponents For Fluoridation

As is natural, we have throughout this book given the findings and opinions of the opponents to fluoridation to show what Sodium Fluoride actually is, and explain the danger to physical and mental health its ingestion in fluids and foods can bring about.

It is to be expected that the proponents will make every effort to prove the contrary. They will claim it is not detrimental to body and mind, and that it cannot be used for the purpose the enemies of mankind claim it *has* been, is used, and *can* be used effectively. Can they, *do* they prove, their point? We will see.

The text we quote from is a widely circulated booklet with the title: WATER FLUORIDATION; FACTS, NOT MYTHS, by Dr. Louis I. Dublin, formerly connected with the Metropolitan Life Insurance Company and accepted as an authority by the proponents for fluoridation.

"What is fluoridation? Adding fluoride (a natural substance that is found in varying degree in all drinking water and in many foods) to water to prevent tooth decay is called 'fluoridation'.

This statement is *not* based on fact. In the fluoridation of water, it is NOT *natural* fluoride that is used, but a metallic substance, —INORGANIC—that is, MANUFACTURED, IS AN OFF-FALL, OR RESIDUE, IN THE PRODUCTION OF ALUMINUM. Moreover, it is a *single* substance, and cannot be metabolized. It is an outlaw. Why is this so?

In all nature, in the natural water we drink, in the food we consume, there is no single substance such as a mineral, a

vitamin, a protein, etc., they are all *compounds*. ONE SUBSTANCE MODIFIES, SUPPORTS, RETARDS, STIMULATES, ASSOCIATED SUBSTANCES. This is true of the INORGANIC fluoride found in natural water and the ORGANIC fluoride found in food. These various substances whether INORGANIC or ORGANIC have been HARMONIZED BY NATURE THROUGHOUT THE AGES, just as, MORE OR LESS, THE GLANDS IN MAN WERE SO ORGANIZED TO MODIFY, RETARD, SUPPORT, OR STIMULATE EACH OTHER. Any single substance separated from the others, *becomes antagonistic to the harmonious workings of the human system.*

The statement implying that NATURAL fluoride as found in water or food, is used in the fluoridation of water, is grossly misstated. The fluoride used in fluoridation, is a *metallic* substance; it is a single substance, it does not possess the harmonizing or BALANCING support of other minerals either INORGANIC or organic. In the field of nutrition, it is an outlaw.

It is not a NATURAL product, the result of Nature's operation as is the fluorine in unprocessed water. This fluorine in water is "natural," though it is INORGANIC.

The only true NATURAL (*organic*) fluorine is that found in vegetables, grasses, fruits, legumes, sea foods, and grain-eating animal flesh. This is the only "natural" fluorine because it is ORGANIZED as is the food we eat, and is harmoniously ASSOCIATED AND BALANCED BY ASSOCIATE MINERALS. The statement that the fluorine used in the fluoridation of water is a "natural" cannot be accepted as in any sense as based on fact.

"A number of critics of water fluoridation have persuaded themselves they are fighting some kind of sinister conspiracy.

Is it "persuading" oneself when those who for many years, in many countries, have been confessedly engaged in using this Toxic substance for various body and mind destructive purposes; admit frankly that they continue to so use it.

Is it "persuading" oneself that such diabolism is recognized

and openly condemned by some of the most reputable physicians in the country? Is it "persuading" oneself when by simple experimenting the Toxic effect that Sodium Fluoride, as used in water fluoridation, has on the physical body: nervous, muscular and mental, can readily be demonstrated?

Is it a delusion to recognize that only a certain percentage is officially considered safe in fluoridating the water, the maximum for safety—but that one to five foods daily consumed in lesser or great quantities ALSO CONTAIN THIS TOXIC SUBSTANCE? WHO IS TO CONTROL THIS? WHO WILL BE RESPONSIBLE FOR RESULTS?

"'Pure water' a myth. Even though opponents of water fluoridation like to imagine an ideal purity found in nature, practically all water contains some very minute traces of fluoride.

This is, to say the least, a specious contention. Because there *is* a trace of fluoride in *natural* water, if it is a *pure* water. Why so? Because all of the minerals, IN THEIR PROPER PROPORTIONS, ARE NECESSARY TO CONSTITUTE a PURE, that is, a NATURAL water as developed by nature.

If one element is missing, though it be only what is known as a "trace" element, it would be unbalanced, hence not a "natural" water. Let us repeat, THIS IS A NATURAL fluoride, and NOT a chemical substance, and is associated with other nature substances, and there is not a single "outlaw" in it which has NO place IN NATURE, MUCH LESS IN MAN'S DIET. Unquestionably the most important, truthful and vital statement in the entire booklet in question, is this:

"Fluoridation cannot take the place of a good balanced diet. It should be regarded as a substitute for keeping the teeth clean, or for periodic care by a good dentist.

If, as here admitted by a proponent for fluoridation, a good diet will do that which their substitute will not do, WHY IN THE

NAME OF COMMON SENSE SHOULD WE NOT USE THE MONEY, TIME, AND ENERGY, NOW WASTED IN FEEDING POISON TO THE PEOPLE, TO TEACH THEM THE PROPER FOODS AND THEIR COMBINATION, SO THAT THEY MAY NOT ONLY HAVE GOOD HEALTH, BUT BE FREE FROM THE MANY AILMENTS CAUSED BY SUBSTITUTIONS AND ADULTERATIONS?

Is it to be admitted that with all our facilities and our knowledge, we can NO LONGER RAISE FOODS RICH IN THE ELEMENTS REQUIRED BY THE BODY TO MAINTAIN HEALTH? If that must be admitted, then we fear fluoridation will not save the nation from extinction.

"The foods and beverages that supply many other ingredients needed for good health usually have insufficient soluble fluorides for the formation of strong teeth."

Both a specious and self-contradictory statement. In one sentence the author attempts to prove that the fluoride used in the fluoridation of water IS THE SAME AS THAT CONTAINED IN NATURAL WATER. NEXT, THAT FLUORIDATION CANNOT ACTUALLY TAKE THE PLACE OF GOOD FOODS and lastly, that though foods and drinks contain the necessary other elements, they are minus a sufficient amount of vital elements for the formation of strong teeth, wholly unconscious of his contradictions, and lacking the knowledge that BONE MEAL CONTAINS ALL THE NECESSARY AMOUNT OF NATURAL FLUORIDE, PLUS THE REAL BONE BUILDER, CALCIUM AND NERVE STABILIZER—NOT DESTROYER—PHOSPHORUS, while in ROSE HIPS, as AN EXAMPLE, IS FOUND AN ABUNDANCE OF COMPLEX VITAMIN C to make all the elements in bone meal VITAL IN BUILDING SOUND BONE AND TEETH.

Dr. Kehoe says that *"the question of public safety of fluoridation is nonexistent from the viewpoint of medical science."*

Thousands of reputable and long experienced physicians

contradict this. Suppose we accept this statement that the "danger of *water fluoridation* is non-existent" in so far as medical science is concerned. The fluoridation of the water supply cannot logically be considered by itself. Medical science admits that there are numerous other liquids consumed, as well as many foods that now contain the metallic *outlaw* Fluoride. THE TOTAL CONSUMED BY THE AVERAGE PERSON, IS FAR BEYOND THAT CONSIDERED AS WITHIN THE SAFETY ZONE BY EVEN ITS MOST ARDENT SUPPORTERS.

"Opponents of water fluoridation use arguments which contain politics, prejudice, and pseudo-science.

No doubt the present writer is included, at least in part, in this category. However, I am not at all interested in politics—in Spiritual verities, yes, but not in politics. I admit I am prejudiced against everything that is artificial, THEREFORE INIMICAL TO ALL THAT IS NOT NATURAL, TO THE HUMAN BEING, THE ANIMAL BODY. As to the charge of pseudo-science, I plead NOT GUILTY, because I HAVE RELIED FOR MY INFORMATION on the admission of the vilest of human creatures WHO HAVE USED, ARE NOW EMPLOYING SUCH TOXIC AGENTS FOR DESTRUCTIVE PURPOSES, AND ON THE TESTIMONY OF WORLD RENOWNED BIOCHEMISTS, AND PHYSICIANS WHOSE REPUTATION CANNOT BE QUESTIONED. I have simply added my comments and the results based on investigation.

"Some go so far as the claim that fluoridation is a Communist [Marxist] conspiracy to soften our brains and make mass sabotage possible, that the Jews and the United Nations are behind the measure, . . .

I myself, as the contents of this book will prove, *have made no such claims*, but I have quoted men and women who have openly confessed having been so engaged, are now so engaged, and that it is the intent and purpose to bring about the robbing of the mass by this and other methods. So far as I

can learn THERE HAS BEEN NO CONTRADICTION OF THE COMMITMENT OF SUCH ACTS AND FOR SUCH PURPOSES; NOR HAS ANY PROOF BEEN OFFERED TO THE CONTRARY. What is more to the point, daily more and more proof is being offered by individuals and the press, that such schemes are not a myth.

" 'Harmful cumulative effects' are promised by some critics. For generations in areas of the country where 4,000,000 people now live in good health, drinking water containing natural fluorides in proportions equal to or greater than is now recommended for fluoride deficient supplies.

Here again is the same specious argument and confusion between natural fluoride associated with all the other elements in PROPER PROPORTION TO KEEP THE FLUORINE IN THE PERFORMANCE OF ITS NATURAL FUNCTION, with the metallic outlaw fluoride, which is subject to no control by natural environment because it does not belong to, and has no affinity with, NATURAL mineral elements.

Opponents to the use of this Toxic substance do not *promise* harmful effects from such adulteration, they **WARN** against it, based on their own investigation, and the conclusions of experienced men.

"The results found from imitating natural fluoridated water conclusively proves this practice works, and works safely.

Fluoridating with metallic sodium fluoride is NOT *imitating*. It is *substituting* an INorganic metallic substance for a *natural substance balanced by associate minerals that help to keep it in control and subjection*.

There is no difference between "artificial" and "natural" fluorides, despite some claims to the contrary. If this is true and can be substantiated, then it is likewise true that there is no difference between an organic and an

INorganic substance, and between a dead body and a LIVE body.

"Varied consumption of water by different individuals does occur. But fluoridation is not based on people all drinking the same amount of water. We know that persons drinking most, and drinking least, amounts of water in NATURALLY fluoridated regions, for 70 years and longer, have been unharmed . . ."

Again the same evasion of the fact that besides ingesting the fluoride in the drinking water, there is the addition of possibly more than an equal amount in liquids such as some beers, soft drinks, and the many processed foods.

Also there is the difference between the metallic "lone wolf" fluoride and the NATURAL, though INORGANIC, fluoride in association with the many other control, or protective minerals.

In reading Dr. Dublin's book one might come to the conclusion that only pseudo scientists, food faddists and idealists like myself condemn the fluoridation of water, and the adulteration of food, and that no physician of experience and reputation is against it.

In its issue of April 2, 1958, the *New York World-Telegram Sun* tells the story under the title:

"Fluorides and You

"STRONTIUM PERIL INCREASE FEARED

By Murray David

Warns against such adulteration, and on the experience and suggestion of a physician of unquestioned reputation.

"A warning has been sounded that 'the increasing concentration of strontium 90' in the atmosphere might make fluoridation of water a 'serious health hazard.'

"The warning was made in the February issue of *Dental Digest* in connection with an article by Dr. James

G. Kerwin, dentist of the Passaic, N. J., health department.

" 'Both strontium and fluoride eventually find their way into bones,¹ and are deposited there.' Dr. Kerwin wrote. He added: 'according to the National Academy of Science, a measurable amount of strontium 90 has already accumulated in children.'

"Dr. Kerwin warned that strontium 90 and the fluoride added to water form a compound that, in effect, reduces the rate at which Strontium 90 is thrown off normally. Thus, 'the body will be exposed to that much more internal radiation,' according to Dr. Kerwin.

Fluoride Can Be Cut

" 'Fallout of strontium 90 from those nuclear explosions that have already occurred cannot be stopped and fallout from others which unfortunately may yet take place cannot be prevented,' Dr. Kerwin explained. 'But the amount of fluoride consumed can be cut down.'²

"Dr. Kerwin warned that a population that is exposed generation after generation to an increased amount of Strontium 90 and fluoride may quite likely exhibit a

¹ It is the firm belief of many experienced nutritionists that grave diseases such as Multiple Sclerosis are the result of food additives, including chemical Sodium Fluoride, which in conjunction with the denaturing of foods is the basic cause of this and other like ailments. It is believed that Cerebral Palsy, so greatly on the increase, has its beginning with the pregnant mother-to-be who exists mostly on denatured and adulterated foods, and drinks which contain the same Toxic drugs. In one respect, they base their conclusions on the fact that these diseases barely existed before the period of wholesale *denaturing* of foods, their adulterations, and use of additives, preservatives and Fluoride.

² Since the Toxic, poisonous effects are known, *why not eliminate* this destroyer of muscles, nerves and brain? Prevention certainly would be more desirable than cure, *if cure is possible*.

higher death rate coupled with a lower birth rate, both due to harmful radiations and the resulting mutations.

"Research into the effect of the strontium and fluoride combination is necessary, Dr. Kerwin insisted, before fluoridation is increased.³

" 'It is obvious that for the health and safety of the population, of children, and of future generations, the problems posed by radioactive fallout should include the extremely pertinent question of hazard posed by the artificial fluoridation of communal water supplies,' he wrote. 'Unequivocal evidence in the connection obtained with respect to the following problems.

" 'Reactions of strontium and fluoride in living systems, particularly higher animals.

" 'The effect of fluoride on the excretion of strontium.

" 'The effect of strontium on the excretion of fluoride.

" 'Interreactions between strontium and fluoride in water and in different soils'."

³ This should be the proper attitude of all physicians who have the welfare of not only their patients but of all people, at heart.

CHAPTER FOUR

Section Three

The Menace of Fluorine to Health

Perhaps the most authoritative published report on *Sodium Fluoride* is the *University of New Mexico Bulletin*, under the title of *The Menace of Fluoride to Health*, prepared by John D. Clark and Edward H. Mann of the University of New Mexico, from which we quote:

"Cases are on record which show that ingestion of small amounts of fluorides is fatal to both man and other animals. Tappeiner¹ describes the effects of fluorides on dogs, cats, rabbits, and guinea pigs when given by oral ingestion. When 0.5 of a gram of sodium fluoride per hundred grams of body weight is given orally, or 0.15 of a gram is given by subcutaneous or intervenous injection, the symptoms are as follows: *a condition of drowsiness and weakness; cramps which may attack a single organ or the entire body, and are epileptic in character; paralysis of the vasomotor centers; acceleration and deepening of the breathing with paralysis following; vomiting; secretion from the salivary and tear glands; and, finally death.*

"Certain investigators have observed that vegetation growing in the vicinity of aluminum factories, from which fluorine is given off in the waste gases, absorbs this fluorine. The herbivorous animals of these vicinities exhibit an endemic toxicosis which has been attributed to the consumption of this vegetation, and the above stated characteristics symptoms of fluorine poisoning have reproduced by feeding the suspected forage to guinea pigs.

"From the results of many experiments by Smith and

¹ Tappeiner, H., Arch. f. exp., Path. u. Phar., 25:203, (1889).

Leverton² it has been found that the compound of fluorine used, the method and length of time of administration, and individual susceptibilities vary the toxic effects of fluorine to a very great extent. There is evidence, however, that fluosilicates such as sodium fluosilicate are more toxic than either sodium fluoride or calcium fluoride and that sodium fluoride is more toxic than the calcium salt.

"There are at least three types of mottled enamel recognized: the mild chalky type, the more severe stained type, and the pitted, corroded type. As taken from a paper by Margaret C. Smith³ of the University of Arizona, shows the three types of mottling, and, for comparison, a set of normal teeth.

"In addition to being disfigured, mottled teeth are defective in formation and calcification and are consequently structurally weak. The defect is permanent and, once it has taken place is irreparable. Certain dental associations have estimated that it would cost \$1,000.00 for the dental care of the teeth of the average person with mottled enamel, up to adulthood, at which time the natural teeth must usually be replaced by false.

"Mottled enamel has been produced experimentally by H. V. and Margaret C. Smith³ of the University of Arizona. Their experiments consisted of feeding small amounts of sodium fluoride or water from a supply which contained fluorides, to rats, guinea pigs, and dogs.

Experiments show that fluorine passes into the blood stream and interferes with the calcification of the unerupted teeth. Contrary to common belief, it does not act in the mouth upon the enamel of the erupted portion of the teeth. *The teeth*

² Churchill, H. V., Ind. and Eng. Chem., 58., 132-56 (1916)

³ Smith, M. C. and Leverton, T. M., Ind. and Eng. Chem., 26:791-7 (1934).

of children and adults who have not begun the drinking of water containing fluorine until their second set of teeth have erupted, show no mottling or visible effects of fluorine poisoning.

"In humans, as soon as the enamel of the permanent teeth is completely formed and calcified, the enamel organ disappears. The enamel does not regenerate itself but behaves like dead tissue, thus once the teeth are mottled during childhood the mottling is permanent.

"The mottled appearance of human teeth may be explained by an intermittent use of water which contains fluorine, or a daily variation in the amount of drinking water consumed.

"Although it is true that the enamel of adult teeth is unaffected by fluorine, the dentine, which receives nutrients from the blood stream continually and whose composition is subject to change, will suffer. Histological examination shows this to be the case.

"The bones of a young growing dog, fed very small amounts of sodium fluoride by Brandl and Tappeiner⁴ for a period of twenty-one months, were examined microscopically. Deposited in the bones were found vivid glistening crystals which were regarded as being crystalline calcium fluoride. It is believed that soluble fluoride salts are deposited in the bones in considerable amounts, giving rise to an increased brittleness. Feeding fluorine to a rat produces a short, square, and stocky appearance in the skeleton, with the *enlarged deformed bones and bowing of the legs typical of rickets*. The bones of fluorine fed animals are always chalky and fragile as are the teeth.

"Measuring the storage of calcium and phosphorus,

⁴ Smith, H. V., Am. J. of P.H., Water Works Eng. Nov. 19, 1937.

the bone forming elements, by determining the balance between the intake and the output shows that fluorine-fed animals retain only half as much as normal animals serving as controls. Fluorine increases the loss or elimination of these elements, and bone development is retarded proportionally.⁵ Addition to calcium to the diet, however, prevents this loss to a great extent, but has no effect in retarding the mottling and decay of the teeth. No signs of the bone defects have so far been observed in children whose teeth are mottled and *it is thought that water has to contain at least six parts per million before any appreciable effect upon the bone occur.* It seems that the teeth are more sensitive to fluorine than the bones since a more specific effect is produced on them.

"It has been shown by experiment on dogs that the interference of fluorine with calcium metabolism cannot be prevented by the intake of vitamin D in the form of cod liver oil or viosterol, and the effects on the teeth cannot be prevented by an increase in the calcium content of the diet.⁶

"Having seen the effects of fluorine on the teeth and bones, we naturally wonder whether there are not other effects produced in the body from a continued use of fluorine contaminated water. It is known that small doses of fluorine, which are still relatively large compared to the amounts found in natural waters, may go so far as to produce death.

"An inhibitory effect on the action of enzymes, characteristic of antiseptics in general, is a property of all in-

⁵ Sodium Chloride in food and drink.

⁶ This may be one of the causes for the great increase of Vitamin D deficiency diseases, especially Arthritis and *all* those affecting muscles and bones, as Sodium Fluoride inhibits calcium metabolism.

organic fluorides. Evidence has been established that there is a specific influence of fluorides on certain enzymatic changes associated with carbohydrates and fats.⁷ The results of a study conducted by Kastle and Loevenhart⁸ on the effect of antiseptics on the reactions of pancreatic and liver extracts revealed a harmful effect on most substances studied.

"Particularly harmful is the action of Sodium Fluoride on the reactions of lipase. Loevenhart and Pierce⁹ investigated the halides of sodium and potassium; the chlorides of calcium, cadmium, barium, and manganese; sodium nitrate and potassium nitrate, disodium phosphate, potassium chromate, and ammonium thiocyanate, *but none of these substances showed an inhibitory effect comparable to the action of fluorides. Solutions of sodium fluoride with a fluorine content as low as one part in 15,000,000 may inhibit the action of lipase as much as 50 per cent.*

"Certain phases of the enzymatic breakdown of carbohydrates are particularly sensitive to the fluorine ion. The ability of amylase to produce dextrose is increased by weak solutions of sodium fluoride.

"It has been shown that the fluoride ion retards glycolysis in the blood by preventing glycerophosphoric acid from changing into phosphoglyceric acid and hence into pyruvic and lactic acids.

"There is a small amount of fluorine in normal blood and it has been shown that continued ingestion of fluorides

⁷ The adverse influence of Sodium Fluoride in foods and drinks may be a great cause of hardening of the arteries, interfering as it does with the proper metabolism of fats.

⁸ Sanchis, J. M., Ind. and Eng. Chem. Anal. Ed. 6:134-5 (1934)

⁹ Smith, M. C. and Leverton, R. M., Ind. and Eng. Chem. 26:791-7.

may increase this amount many fold. Stuber and Lang¹⁰ observed a number of cases of haemophilia in which the fluorine content of the blood was abnormally high. These seemed to be a correlation between the high fluorine content of the blood and the prolonged time of coagulation, and they suspected that the fluorine may be the cause of this condition. Knowing that goose blood and rabbit blood clots slowly, an investigation was made, and it was found that fluorine was present in large amounts in the blood of these animals. Cat and dog blood, on the other hand, clots rapidly and was found to be free from fluorine.

"Continuing their observations they found that as a whole, individuals residing in places where the fluorine content of their drinking water was high, had a coagulation time of six to twenty times that of a normal individual drinking fluorine-free water.

"Stuber and Lang are of the opinion that the retarding effect on glycolysis may be responsible for the long clotting time.

"In closing the topic of the physiological effects of fluorine, it may be stated that recently Goldemberg¹¹ reports that by the ingestion of only two milligrams of fluorine per day for a period of six months, the thyroid gland in rats may be enlarged five to six times in volume, thus showing that fluorine poisoning exhibits a very specific effect on the thyroid gland.¹² IT HAS BEEN SUGGESTED

¹⁰ Stuber, B., and Lang, K., *Biochem. Zeitehr.* 212:96 (1929)

¹¹ Goldemberg, L., *Journ. de Physiol. et de Path. Gen.* 25:65.

¹² It is generally conceded by Endocrinologists that the Thyroid has a most profound effect on the mind, and that Sodium Fluoride has a powerful influence in inhibiting the influence of Thyroxine on mental activity. This was the Marxists reason for its vicious use.

THAT FLUORINE MAY PLAY A VERY IMPORTANT PART
IN ENDEMIC GOITER.

"From these reports it may safely be concluded that Sodium Fluoride is one of the darkest, red-eyed villains of the chemical world and that it is well to beware of him (it)."

CHAPTER FOUR

Section Four

Medical-Dental Ad Hoc Committee Findings on Fluoridation

There is every indication that Medical and Dental opinion against Fluoridation is rapidly increasing. A meeting of the above committee was held in New York City, and the findings reported in the NEW YORK WORLD TELEGRAM AND SUN, February 24, 1958. Extracts of the conclusions follow, and should be added to the opinions of medical men already quoted.

Dr. Jonathan Forman, head of the Medical-Dental *Ad Hoc* Committee on Evaluation of Fluoridation stated that the committee represents more than 1500 physicians, dentists and scientists all over the United States. Of these, he said, 200 are in New York City.

"Dr. Forman said he would not identify any lest they be subjected to "punitive action."¹ He asserted many opponents of fluoridation have been threatened with censure.¹ Dr. Forman is reported to have further stated:

"There is not sufficient, reliable scientific data available to justify positive action concerning artificial mass fluoridation of any public water supply."

"Dr. Fred B. Exner, Seattle physician, and Dr. A. Allen London, president of the Boonton, N. J., Board of

¹ We are living in America, *the land of the free. Actually, how free is a people who, after long experience in a chosen profession, dare not express their opinions for fear of reprisals.* Comparatively few of the general public have the slightest idea that when one steps out of line, he is confronted by the almost certainty that there will be reprisals in one form or another, the worst of which may be a charge of being mentally ill, and the danger of being confined in an institution for the insane.

Health and other members of the group at the conference, said much research is still needed before "recommendations of meaning" can be made on the subject.

"Fluoridation of public water supplies would be a step in the direction of socialized² medicine, they charged.

"The doctors said fluoridation of drinking water might be beneficial to some but highly dangerous to others suffering kidney ailments or other diseases. Fluoridation, they said, should be considered only for individuals.³

"Tests on animals at Cornell University, they said, showed instances of fluoridation causing inflammation of kidneys and teeth.

"Recalls Radium

"Dr. London said that in the early 1930s radium had been hailed as non-toxic and later findings proved tragically wrong as person after person died of its effects. Fluorides are known to be toxic, he said, to some persons.

"Comptroller Lawrence E. Gerosa on the Citizens Searchlight TV program yesterday said the question of fluoridating New York's water system should be decided by public referendum.⁴

² This procedure, if generally carried through, will not only bring about socialized medicine and the lowering of medical standards and ethics, but will also result in more and more mass medication by those who do not possess the slightest knowledge of the grave results of such imposition.

³ If the individual is in actual need of such medication, then it is the experienced physician who should prescribe it, and not those activated by the "savior" delusion, or profit motive.

⁴ The issue cannot be properly and correctly decided even by a referendum. *Why not?* Because the majority would decide, and the mass has *not the slightest knowledge* of the subject. One might just as well authorize one of the mass to treat a patient suffering with high temperature with Aconite—a no

"He said he did not know 'too much' about fluoridation and he was convinced 'eight men on the Board of Estimates can't decide the question of fluoridation for eight million people.'

Among the prominent members of the *Ad-Hoc* committee are said to be:

"Dr. Charles C. Heyde, former president of AMA; Dr. Alton Oschner of New Orleans, outstanding surgeon; Dr. C. C. Bass, dean emeritus of Tulane University; Dr. Clive M. McCay, professor of animal nutrition, Cornell University; Dr. M. S. Rhode, former chief of staff of Bellevue Hospital, New York City.

"Many of the symptoms of those suffering from multiple sclerosis, muscular dystrophy, myasthenia gravis, and other like diseases are similar to what physicians say occurred in fluorosis (which is fluorine poisoning) and since fluorine poisoning has crippled and killed hundreds of cattle and law suits⁵ have been won on these grounds to

greater poison than Sodium Fluoride — as to accept the opinion of the majority whether or not fluoridation is the proper thing to do.

⁵It is reported that a Federal Judge in Utah recently awarded 48 farmers a judgment for \$35,838.00 against the United States Steel Co., for the damage done to livestock by fluorine. Further, that 300 farmers living near Provo, Utah, revealed that the damage had reached a total of nearly \$25,000,000. And again, that the Agricultural Department of the United States issued a bulletin warning farmers *not* to permit their hogs to drink fluoridated water on the ground that it would injure the unborn pigs.

Our correspondent questions: *Are human beings of less importance than pigs?* If Fluorine will do this to unborn piglets, what will it do to unborn children when the expectant mother is forced to drink this Toxic rat poison every day of her pregnancy, considering that women and unborn children are *far more*

the tune of thousands of dollars, I'd like to ask this question: Are fluorides in the water crippling and killing our children?

"Fluoridation of water, plus so many cases of crippling diseases, is alarming, to say the least. Is there a connection between the two?

"Quoting from George Waldbott, M.D., of Detroit, on The Bartlett Survey, Bartlett, Texas, being a town that has 8 p.p.m. natural fluorine in the water: 'In Bartlett population hearing defects occur in 19.4 per cent (U.S. average 7 per cent) arthritis 13.8 per cent, cataracts 10.1 per cent (U.S. averages less than 1 per cent) and increased bone density 10.1 per cent.' The latter symptom represents advanced stage of fluorosis poisoning.

"A statement on fluoridation sponsored by the Medical-Dental *Ad-Hoc* Committee gave nine reasons why they oppose fluoridation. The first is 'positive proof of the safety of fluoridation is required, none has been offered.' Findings of the *Ad-Hoc* committee are endorsed by more than one thousand medical doctors and dentists."

sensitive to every toxic substance than pigs and the expected piglets?

CHAPTER FOUR

Section Five

Sodium Fluoride a Dangerous Drug The Mass the Victims

The *Bar Harbor Times*, in its January 31, 1957 edition, published an article by a well-known Boston Physician, Alonzo J. Shadman, M.D. Dr. Shadman is regarded by such eminent physicians as the Mayo Brothers and the late Harvey Cushing as one of the most outstanding physicians in the East. His conclusions are those of an ever-increasing number of American physicians. Although many other physicians have said practically the same thing, it is desirable that the opinions of as many as possible be given to show that the warnings against fluoridation is not limited to a comparatively few men who might be biased.

Footnotes and opinions quoted may be repetitious. This is essential in calling attention to cardinal points in each separate statement made.

"It is a privilege to be afforded this opportunity to protest against the pollution of the country's drinking water with the deadly poison Sodium Fluoride. I am amazed at the persistence of its proponents, and very much concerned as to why they are so bent on their efforts to succeed in this deadly measure.

"After practicing curative medicine for forty years, I know how damaging to human health the constant dosing of very small amounts of this poison can be. I ALSO KNOW THAT IT CAN NOT POSSIBLY HAVE ANY BENEFICIAL EFFECT ON THE TEETH. I know that nothing in the way of medicine can have any effect on the teeth without first affecting the whole body,¹ and that any claim

¹ Any internal medication, though intended for a certain

that the teeth are singled out for the action of this poison is FALSE.

"Fluorine occurs in large amounts in various parts of the Earth, but, it is by its Creator firmly locked up with calcium which makes it relatively harmless, as it is soluble only in 26,000 parts of water. Even so, in those places where the drinking water is contaminated by this relatively harmless form of the poison, it affects people's teeth to such an extent that it causes mottling, misshapen teeth and often destruction takes place. In these localities great efforts are used to eliminate the poison or to find other sources of drinking water.

"To determine the effect of this poison on human life, very careful and painstaking provings have been made on people by eminent physicians, which has resulted in some fifteen full pages of symptoms being compiled showing its effects on every part of the body with special emphasis on the MIND,² heart, veins, sex organs and bones, for no part of the body escapes its malignant influence. These provings were made with repeated doses of an even

part of the body and a certain condition, actually reaches, *via* the blood stream, every other part of the body, and more or less affects *every* part of the body, especially if it is of a poisonous nature.

Sodium Fluoride *may* have an effect on the teeth, but its greatest, and *most destructive* effect, confessed by the agents of Marxists, and so employed by them, was its *direct* influence on the *muscles, nerves* and *minds* of those who were drugged with it, or/and by those who consumed it in food or water.

²The agents of Hitler and Stalin learned by experience that Sodium Fluoride had its first effect on the muscles and nerves; the ultimate and greatest effect on the mind by softening the brain, reducing the mind to that of morons and imbeciles. Perhaps an untold number of these have been diagnosed as "mentally ill," placed into institutions and so treated, if treated at all.

smaller amount than is proposed to put in our drinking water, and also remember, the form of the poison to be used in fluoridation is a salt of fluorine, Sodium Fluoride, readily soluble in water and much more deadly in effect.

"The action of this poison is slow and cumulative. if people are forced³ to take it into their systems through drinking water, many will die, many will become chronic invalids, and no two will manifest their poisoning in exactly the same way. More important still, will be the fact that hardly any of the new ailments will be laid to fluoridation. The doctor will be unable to diagnose and treat these cases successfully for they will be unfamiliar to him.

"Those who are opposed to fluoridation, many of them, are scientists, physicians of the real—not pseudo—scientific school of medicine, intelligent people everywhere whose interest is in the health of whole communities, and who willingly at their own expense of time, money and inconvenience, appear whenever and wherever necessary, to fight this dangerous and illegal measure. I have interviewed many dentists and I find all are against it, even those who, before they had investigated it, were for it, but now are against it.

"For thirty years I have devised, perfected, and built apparatus for producing pure water. I AM AGAINST THIS PROPOSED MEASURE BECAUSE IT IS THE DEADLIEST, MOST INSANE, WICKED AND ILLEGAL METHOD OF POLLUTION EVER DEvised BY MAN.

³ People who now ingest this substance in various foods and drinks, such for instance, as beer or one of the soft drinks, have a choice. They may select their food and drinks, but when in the drinking water it is *unavoidable* to all but the few, and American history shows that the American people resent, and will ultimately rebel, against any form of *compulsion*. More than this, as shown in the days of slavery, those *not* affected by compulsion *will fight to free those under compulsion*.

"Nature has ordained that natural illnesses be cured by substances which are capable of producing the same symptoms in the healthy. This natural law is termed the Law of Similars. It is also ordained that when an illness is so cured, THE MEDICINE MUST BE STOPPED,⁴ otherwise THERE WILL BE PRODUCED AN ARTIFICIAL DISEASE WHICH WILL BECOME CHRONIC AND EVENTUALLY INCURABLE. This explains the existence here in our great United States of 45,000,000 chronic sick, mostly incurable, ARTIFICIALLY IMPOSED DRUG⁵ DISEASES. What chance have people to remain well if forced to poison themselves with fluorine every time they take a drink of water?

⁴ The physician will prescribe such drugs only when actually indicated, and stop it immediately when it is no longer necessary, thus preventing any accumulation. This is impossible when there is mass medication. Much stress is laid on a *supposed fact*, that a certain given amount is not detrimental to health. This might be true, but sight is lost, or deliberately evaded, that

in addition to the amount in water, a further quantity is taken in food, and those drinking beer which might contain the poison, if heavy drinkers, would take many times the supposed "safe" amount.

⁵ This statement is too limited. Besides the numerous accounted diseases caused by additives, some compulsory as Sodium Fluoride in drinking water, there are the many *denatured* foods that are *unbalanced*, upsetting the functions, of the system, and the *addition of the hundreds of toxic additives in the various foods consumed. These all combined serve no useful purpose to the system but, being unnatural, hence unbalancing, are weakness, disease creating.*

CHAPTER FOUR

Section Six

Canada Again in the Forefront in Its efforts to Protect the Health of the Mind and Bodies of Her People

While a certain class of the public officials in America are, judged by their activities, hell bent on adulterating the drinking water of the American people with dangerous Toxic drugs, the Supreme Court of Canada denies this privilege to the officials of its water supply.

In a news item published by THE GLOBE AND MAIL, Canada's leading newspaper, edition June 27, 1957, under the title:

*"Supreme Court Denies Metro Toronto's Right
to Fluoridate Water*

"By CLARK DAVEY

"Globe and Mail Staff Reporter

"Ottawa, June 26.—The Supreme Court of Canada has ruled that Metropolitan Toronto cannot add fluorine compounds to the water which it supplies to the 13 municipalities which make up the metropolitan community.

"As Chief Justice Patrick Kerwin, who dissented, noted in his judgment, the majority decision raises the question whether the other municipalities in Ontario which are already fluoridating their water actually have the power to do so.

"The court's ruling was a 5-to-2 decision to dismiss the appeal of Metropolitan Toronto against an Ontario Appeal Court decision. The Ontario Court had reversed an earlier decision by Mr. Justice F. G. MacKay, who had ruled, in a case brought by Forest Hill against Metro, that the senior municipality was entitled to add fluorine compounds to its water supply.

"Both Mr. Justice Rand and Mr. Justice Cartwright who wrote majority decisions found that Metro Toronto's fluoridation bylaw was *not aimed* at making the supply of water more pure and wholesome.¹

"On that basis, the majority found that the municipality had exceeded the jurisdiction granted it by the Ontario Legislature. Finding with Messrs. Justices Rand and Cartwright were Messrs. Justices Robert Taschereau, Fauteux and Abbott.

"In effect the court's decision today tosses the problem back at the Ontario Government.

"If the Ontario Legislature means the municipality of Metropolitan Toronto to have the power to add fluorides to its water, Mr. Justice Cartwright noted, the Legislature can make its true intention clear by amending the Metropolitan Toronto Act.

"It was designed, as Mr. Justice Cartwright put it, 'to cause the inhabitants of the Metropolitan area, whether or not they wished to do so,² to ingest daily small quantities of fluoride in the expectation that this will render great numbers of them less susceptible to tooth decay."

"In his dissent, Chief Justice Kerwin said Metro's

¹ This is a conclusion arrived at by all but a few of those who have given time, thought, and a thorough investigation, though it might not be wise for an individual to publicly state such an opinion. However, in order to be perfectly fair and just, it is our personal opinion that there are many men in public life, as well as reputable physicians, who actually believe it would be a good and desirable thing to pollute the public's drinking water with Toxic substances.

² Evidently the Canadian Supreme Court is jealous of the rights of her people and will not permit them to be oppressed by compulsions such as forcing them to ingest a Toxic substance such as sodium fluoride, in their drinking water, feared by millions as a destroyer of body and mind.

action in passing its fluoridation bylaw was not an invasion of the field of public health and there was, therefore, no need to refer to any provincial statute except the Municipality of Metropolitan Toronto Act, Section 41, which gave the council power to pass bylaws which would guarantee an abundant and continued supply of *pure and wholesome* water.³

"During the Supreme Court hearing, J. J. Robinette, arguing on a brief prepared jointly with J. Ragnar Johnson, Forest Hill solicitor, had claimed that Metro Toronto doesn't have the power to administer medication on a mass scale.⁴

"Carried to an extreme, he said such arguments could mean that Toronto could add orange juice to its water because orange juice is good for babies and would not make the water impure.⁵

"The argument by Harold Manning, Metro Toronto lawyer, that the addition of fluorine compounds does not affect the quality of wholesome water was rejected by Mr. Justice Rand's decision although he said he found the argument attractive.

³ It might be argued with truth that much of the public drinking water is not pure and wholesome, but if that is true, then certainly diluting it with a highly Toxic substance will *not* purify it, rather make it all the more dangerous. There are means of purification without the employment of poisonous substances.

⁴ And among a free people, or *supposedly* free people, no man or group of men, should be trusted with such power.

⁵ This point is well taken, and does credit to Mr. Robinette's sense of reasoning. It is not only a sane reasoning but apropos due to the fact that the vitamins and minerals in oranges are among the most important elements to help preserve healthy teeth. It might be further argued that there are many substances which might be mixed with the water that *would be* of great benefit to health.

"Fluoridation, he said, 'is not a means to an end of wholesome water for water's function but to an end of a special health purpose for which a water supply is made use of as a means.'"⁶

⁶ A proper and correct conclusion. It is *compulsory mass medication* and should have no part in the government of a free people. To sanction it is a first step in mass slavery. If man can be compelled to partake of a poison *against his will, then it is certain that he can be forced to do any other thing against his Will.*

CHAPTER FOUR

Section Seven

The Final Insult to the American People Fluoridation and Betrayal of the People by Public Officials

As though adding a Toxic substance, a deadly poison, to the drinking water for the people were not sufficient in itself, we now have as a side issue, but proper companion to it, Betrayal of the Trust of the people by Public Officials. *Is this true?*

To sustain our contention, we quote from *The Lebanon Daily News*, March 1, 1958, a news item which appeared under the heading of:

"Residents Unknowingly Drink Plan They Rejected"

"Atlantic City, N. J. (UP)—Residents here, *who rejected a Fluoridated plan four years ago have been unknowingly drinking* fluoridated water for the past two weeks without registering a single complaint."²

"A fluoridation plan was rejected in 1954 by a two-to-one majority, but the city commission passed an ordinance ordering the process in 1956."³

¹ We should like to hear the opinion of the respected citizens of Atlantic City who, as *the people* and taxpayers have been so grossly betrayed by their public officials. What has become of the solid Americanism of Lincoln: *By the people, of the people, for the people?* Has Marxism taken over completely? Do the people of Atlantic City take kindly to a *Marxist supervision by a few?*

² Evidently the writer of this item is not aware that the evil affects of Sodium Fluoride may not be felt until five to twenty years of its ingestion. The people drinking this polluted water had (have) no possible way of knowing what had been done *against their will.*

³ This fluoridation having been started against the major-

"Richard S. Jackson, a city commissioner said Monday the chemical was put in the drinking water two weeks ago without a public announcement to avoid 'any further complaints.'⁴

"Since that time," Jackson said, "they haven't had a single complaint about the taste."⁵

ity vote of the people, there no doubt is a good chance that they may sue for any damage to health that may occur as a result of drinking this water. One may question: *What has become of rule or government by the people?* Is that dead also?

⁴ Is this not subterfuge of the worst kind? Is it anything but a sneaking betrayal of the public trust by its officials? *If this act, considered by many, in this case the majority, is dangerous to health, can be imposed upon the people without the guilty suffering the proper punishment for their betrayal, then what is there that may not be done against the will of the people?* Is this not government—control—by the few of the many, a subtle form of slavery?

⁵ The taste would be the least objectionable feature. It is what this Toxic substance will do to the little children before a certain age, and the sufferers of all ages of certain diseases. *Are we at last confronted by the government of the few, and no longer by the majority? This defiance of public desire would so indicate, and it would not be Americanism, even if it were actually to the benefit of the people. It is mass medication against their will.*

CHAPTER FIVE

Addendum*

More Members of the Legislative Bodies Becoming Conscious of the Need for Laws That Will Actually Control the Use of Additives

Large and influential newspapers that only a few months ago could not be induced to mention additives and the adulteration of foods, now print items of grave importance to the people. In addition, or conjunction with such publications, those who closed their eyes to these gross evils no longer hesitate to admit the adulterations, and the need for restrictive legislation, among these are numerous legislators themselves. As an example, the item printed in *The Seattle Times*, March 18, 1958. It is to be noted that those who, by their herculean efforts brought about this change, are given the "silent treatment." Perhaps this is just as well.

"Woman Senator Will Seek to Strengthen
Pure Food Laws

"North American Newspaper Alliance.

"*Washington*, May 17.—The Senate's only woman member¹ is planning a campaign to help the government keep poisons out of food.

"Senator Margaret Chase Smith, Republican, Maine, has obtained from the Food and Drug Administration replies to a series of questions she had posed to find out

*The material used in *Chapter Five* and its sections was received too late to be incorporated with *Chapter One and Two*. We feel it important enough to include in present volume as an *Addendum*.

¹ Senator Smith's courage is to be admired, and it is certain that every man and woman who has been awakened to the danger confronting us, will appreciate her efforts.

what protection the public had against contaminated foods.

"The responses, from Commissioner George Larrick, indicate the agency is removing plenty of tainted and decomposed food from the market but cannot effectively cope with new chemicals being added to foods.

"Commissioner Larrick wrote:

" 'The law has a serious loophole. It does not require a manufacturer to test a chemical to determine whether it is a poison before adding it to food.'

"So the unscrupulous² or reckless manufacturer is free to add chemicals to food so long as it is not known whether they are poisonous.

"When new substances are added to food without proper testing, the job of determining whether they are suitable falls on the Food and Drug Administration.

"The agency, the commissioner wrote, does not have the facilities to test all the new chemicals.

"Even if the agency could test them all, Larrick added, 'this would not give adequate consumer protection because complete toxicity testing may take two years or longer. While the tests are under way the chemical may be present in the food with impunity.'³

"Larrick reported that in the past year some 50,000

² A rather strong term to use, and one which we have hesitated to employ. It is undoubtedly true that there are many "unscrupulous," not to say criminal, because of intent, processors, while a greater number are reckless in their adulterations, with additives. Others again, are merely ignorant of results. The end of all use is the same—the gradual deterioration of body and mind of those who consume them.

³ The Pure Food and Drug Administration offers no estimate of how many millions, and how seriously, and with what diseases, some incurable, consumers will suffer as a result of the indiscriminate use of additives, but never tested for their physical and mental deteriorative effects.

pounds of food a day — a total of almost 20,000,000 pounds⁴ had been taken off the market as a result of the enforcement activities of the Food and Drug Administration.

"More than a dozen bills to provide corrective legislation are pending in the House Interstate and Foreign Commerce Committee. They have general support from the administration, the food processors and the manufacturers of chemicals. But no agreement has been reached on acceptable legislation.⁵

⁴ Mr. Larrick and his coworkers are to be commended for their efforts to have so many thousand pounds of "foods" taken off the market each day. *But how many thousands of pounds of these food preparations were sold before their utter unfitness for food purposes was discovered, and how many people became afflicted with various diseases as a result of consuming them?* Perhaps an answer to this question would so horrify the people that they would rise *en masse* for the punishment of these purveyors of what is no less than disease creating filth.

⁵ What agreement is necessary? By whom should, or can any agreement be made? Is it not the duty, *sans* agreements, for the Congressmen and Senators to pass legislation that is for the protection of the people as a whole, whether constituents or not? Did the people not elect them for this duty? If they fail, are they not recreant to their oath of office?—one might truthfully say, traitors to their fellow men, God and their country? What is the answer?

CHAPTER FIVE

Section One

Congress Must Act On Food Additives

Less than two years ago anyone who dared expose the dangers of the many food additives was defamed by being called a "crank, a faddist, a charlatan" and much, very much worse.

Any publication that dared print anything reflecting on the dangers of the additives was either a "scandal sheet" or "yellow." Times have changed. A magazine as widely read as the *Ladies' Home Journal*, June 11, 1958 issue recognized the danger and the necessity for protective legislation. We quote in part, giving full credit:

"In recent years many hundreds of chemical substances have been developed and added to various processed foods to enhance or conserve color, flavor, texture or nutritive¹ quality. The Food and Drug Administration considers² most of these additives harmless² or beneficial to the consumer. Another hundred or so are considered harmless and safe in the amounts³ now being used.

¹ There is a grave doubt whether any additive ever added to any food product has *nutritive* value. In almost all instances it is a synthetic product, and cannot be metabolized, hence a liability, and not an asset to food.

² They are *considered* as harmless, but *no one has had the courage of his convictions, and assumed responsibility for their possible harmfulness*. Those consuming such foods should carefully consider this fact.

³ There is no such thing as a *safe* amount of any poisonous or cancerous producing substance. *There is absolute and recognized truth of this in the fact that any drug to be placed on the market must first be tested to the satisfaction of a group of physicians selected for the purpose, but food processors are under no such protective restrictions*.

"But about one hundred and fifty other additives to the food we eat are in the "doubtful" class.⁴ *No one knows their long-range effects on the human body.*⁵

"There is a law that any drug to be placed on the market must first be tested to the satisfaction of a group of doctors, pharmacologists and chemists on the staff of the Food and Drug Administration.⁶ There is *no* law that additives to food⁷ must be tested and found safe before they are included in foods and sold.

"The Harris Bill⁸, introduced in the last session of Congress, is the most recent⁸ legislative attempt to control the use of food additives. Among other provisions, the proposed law would sift to the manufacturer the burden of

⁴ These additives are in a very questionable class because they are known to be Toxic in themselves. There is no restriction on their use; *no protection to the consumer.*

⁵ Though many of these are known to physicians of long experience as cancer producing, the "dance goes merrily on" and consumers indulge freely in the foods so treated without a thought of their consequences.

⁶ As emphasis, we repeat: food processors, though they have not the slightest knowledge of the Toxic substances they use, may employ them unless prohibited, no matter what the results to the consumer, but the physician, who has a thorough knowledge of such drugs is restricted.

⁷ This is true even though the fatal effects of such drugs as *Stilbestrol* and Sodium Fluoride is well known; the first recognized by experts in the medical field as cancer producing. Truly, "consistency thou art a jewel."

⁸ Another and *much stronger and more protective* bill was introduced in 1957 and again this year (1958), by Congressman Delaney.

proving, *before marketing*⁹, that any substance added to foods is harmless and safe for human consumption. Some substances taken into the body over a short period of time may conceivably cause disease,¹⁰ or death, if consumed even in small amounts over a long period.¹⁰

"The *Journal*, historically an early supporter of the Nation's pure food and drug laws, does not claim that the Harris Bill cannot be improved. It does maintain that the American people must not be like experimental animals.¹¹ The public has been informed of the possible connection between lung cancer and cigarette smoking. . . . If individuals choose to take the risk, it is their privilege to do so. But we are given no such choice if possible harmful substances are added to commonly eaten foods.¹²

"Congress can no longer delay passing a bill governing the use of chemical additives in food.¹³ The bill, [any

⁹ In practically all business dealings the "party of the first part" is held responsible, why then should this not apply to such a highly important function as the processors of food?

¹⁰ *There is only one rule of safety: that no substance which is poisonous or Toxic by nature be permitted as an additive. Substance such as Stilbestrol, known to be cancer producing, should not be allowed to be fed to poultry or cattle, the food of which is sold for human consumption.*

¹¹ Human beings by the millions *have* been used as guinea pigs, and *continue to be so used*. No substance which might enhance the profit of food processing has been overlooked, one of the most widely used of these substances being *Stilbestrol*.

¹² This must include our drinking water. There are few poisons as Toxic as Sodium Fluoride. Certainly its use is experimenting with the lives of men, women and children.

¹³ The public is becoming so food-poisoning conscious that numerous State Legislatures are endeavoring to pass protective bills but are being fought with intensity.

bill] as finally drawn, might well be a subject of study by women's groups and all others interested in the public welfare. It should offer no loopholes¹⁴ for carelessness or exploitation."

¹⁴ In most of the bills that have been introduced within the past few years, and in some of those introduced, there are plenty of loopholes, the worst being that processors be permitted to continue the use of additives they have employed in processing up to this point, until final tests have been made. Nothing written, or to be written into any bill, could be worse, and should be fought with all the vigor possible, by *all* who wish to preserve health of body and sanity of mind.

CHAPTER FIVE

Section Two

States Beginning to Become Conscious of the Necessity for Proper Legislation

*So Rapid is the Awakening of the Mass to the Dangers of
Adulteration in Food That Their Demands for Proper
Safeguards are Forcing Legislatures to Prepare to Act.*

Under the heading *Legislators Weigh Food Additive Law*, the *Long Island Press*, March 2, 1958, said in part:

"Albany (AP) — New York's legislators today weighed two¹ sharply different views on state curbs for food additives: Are the curbs 'long overdue'² or are they 'entirely unnecessary'?³

"The lawmakers also had two bills on hand, one Democratic and the other Republican, which would do basically the same thing—ban the use of new⁴ additives until the manufacturers [processors] can satisfy the state that they are safe.

¹ The pressure exerted by the constituency is readily apparent in the fact that both political parties *apparently* vie with each other in an attempt to have protective laws passed. The *need* itself was pointed out clearly in the first edition of this text and the thousands of our booklets, "The Crime Against Humanity" and "Cancer, the Killer", circulated to awaken the public to their danger.

² That the need is indeed *long overdue* is clearly indicated by the fact that State legislatures are finally forced to take action. No further evidence is necessary to prove this.

³ If such legislation were not necessary, or proven unnecessary, state bodies would not give consideration to the subject. The effort is the indication of the widespread public awakening to the danger of these additives.

⁴ This is far from sufficient. Almost all of the additives that

"Food additives are generally chemicals used to preserve⁵ food or drink or to improve flavor or color.

"A public hearing conducted yesterday by the joint Legislative Committee on Imitation Food Products, spokesmen for the New York City said the Consumers Union claimed that such new state legislation was 'long overdue.'⁶

"Representatives of the chemical and food industries urged the Legislature to wait until the federal government acts before passing state curbs.⁷

"Dr. Persia Campbell, the governor's consumer's counsel, said state regulations should be coordinated with federal statutes.⁸ She added, however, that the administration's bill recognized that fact and was prepared only after detailed study.

"Charles Wesley Dunn of New York City, general

processors of foods can think of are already in use and endangering the minds and bodies of the people. Any laws passed *must make it mandatory that any substance that has not been proven to be harmless, must be put under the test.* Unless this is done such legislative action is merely a "sop" to ease the public mind.

⁵ This is stating less than half the truth. As already pointed out in this volume, they are used for many other purposes, some sinister. An additive that is not in itself poisonous or inimical to health, may greatly retard digestion of the food and gradually be the cause of disease.

⁶ It is in the public interest that the people as a whole should be informed of this fact, that they may voluntarily demand action by their representatives for their protection.

⁷ In 1957 there were no less than six of such bills before Congress, and some one saw to it that every one of them was "pigeonholed." It was not until the present year (1958) that an amended bill was passed. This, unfortunately, containing a "grandfather" clause.

⁸ If the Federal government fails to begin to put the provisions of the bill into effect, then the various States should do so in order that the health of the people be protected.

counsel of the Grocery Manufacturers of America, said he was confident a federal law would be approved this year. Meanwhile the state should wait, he added."

CHAPTER FIVE

Section Three

A New Manifestation of Disease

Within the comparatively recent past, many new manifestations of disease have appeared, while other serious diseases have rapidly increased. REASON TELLS US THAT THERE MUST BE A CAUSE.

We have advanced far in scientific attainment, but we have rapid retrogression in many respects dealing with physical and mental welfare. WHY? If our concepts of life's activities were as sound as they are in scientific fields, this WOULD NOT BE SO. THIS INDICATES THAT IN DEALING WITH MIND AND BODY WE ARE FAR AFIELD; HAVE STRAYED FAR FROM NATURE'S REQUIREMENTS, and this indicates clearly and unmistakably that WITH WHICH WE SUPPLY THE BODY IS NOT BY ANY MEANS TO THE BODY'S WELFARE.

The *Herald Express*, Los Angeles, May 21, 1958, released the news of what it calls a "Rare Disease" under the heading:

"Bare Rare Disease in New-Born Babies

"A rare disorder in children, which affects their walking and other activities dependent on co-ordination, today was described publicly for the first time by two University of Southern California medicos.

"Dr. Elena Boder, assistant clinical professor of pediatrics, and Dr. Robert P. Sedgwick, assistant professor of neurology, described the affliction, which is part of the cerebral palsy¹ group and involves only 21 known cases in the world so far, as "A-T," or Ataxia-Telangiectasia.

¹ We maintain that there are several direct causes for this supposed new disease, for cerebral palsy and like diseases. These are, as in cerebral palsy, the Sodium Fluoride and like additives in the food and drink the pregnant mother consumes. As so fre-

In the food news sheet **ROLE OF CHEMICALS IN NUTRITION**, this state of affairs is summarized as:

"Food processing, refining and preserving have become increasingly common, especially since World War I, as likewise have chemicals in farming. Coupled with the alarming increase in DEgenerative diseases [which cerebral palsy is] and insanity, many question: 'Can this be entirely coincidental? What factors, or common denominators, other than food and chemicals,² reach out [like an octopus] into every environmental and racial level of the civilized world'."

Punishment for infringement of all other laws is freely admitted, only in this field is it denied. Is that reasonable? Is it logical? Is it in harmony with *Science*?

" 'The clues to the disorder are dilated blood vessels appearing in the eyes of the child in horizontal streaks—something appearing like pink eye,' Dr. Boder declared at the Statler-Hilton Hotel press conference. 'When the

quently pointed out, these have a direct destructive affect upon the nerves and brain. In addition to the *many* Toxic additives in the food she consumes, she is also compelled to subsist almost entirely on foods that have been denatured; foods denuded of their vital minerals and vitamin contents, *so that the pregnant woman's physical self does not possess, and cannot convey to the forming child within her bosom, the many vital elements absolutely essential in the building of a normal body and mind.*

² These are actually the factors that enter into, and have a direct connection with the state of man's body and mind. *Not a single one of the additives, processing, denaturing, can, by any stretch of the imagination, be called natural, or in harmony with nature's law. This being uncontradictable, how is it possible for man to act contrary to Nature's eternal law without being compelled to suffer the reaction?*

child begins to walk, the ataxia or lack of coordination first appears.³

"Dr. Sedgwick said that the cause of the disorder is unknown but the effect is the atrophy of the cerebellum, or back part of the brain.⁴

" 'Most cerebral palsy, 95 per cent, occurs to the child before, during or shortly after birth,'⁵ the physician declared. 'But this newly recognized disorder is in the 5 per cent, distinguished from the rest by the fact that the affliction is progressive.

"These children affected with A-T are generally beautiful children with smaller than average body build,⁶ normal intelligence, although slower in everything,⁷ but with marvelously sweet dispositions."

"The children so afflicted—and the dilated blood vessels spreads to the ear and other parts of the head—have a tendency to respiratory diseases and some of the

³ This is a symptom of muscular dystrophy and of most, if not all, muscular disorders.

⁴ Refer to footnote one, this section.

⁵ This naturally follows due to the fact already stated, that the pregnant woman ingests numerous foods processed with numerous Toxic substances and other foods which also have been deprived of the absolute essentials necessary in the normal development of the child she is to give birth to. The stone mason might just as reasonably believe that he is able to build the foundation for a mansion with soil instead of cement, as for the mother-to-be being capable of developing a healthy child without the *essential* materials.

⁶ The indication of a lack of body building material in the pregnant woman's diet. This is readily accounted for when we consider the denaturing of many of the foods she constantly consumes.

⁷ The influence of both building material for the brain, and the additives which, according to the Marxist experimenters, gradually cause deterioration of even the normal brain.

recognized cases have died from pneumonia, Dr. Sedgwick declared.

He urged further support of the Cerebral Palsy's Association campaign for funds to enable further research into this disorder⁸ which would eventually put its sufferers into wheelchairs, and of other palsy types.

⁸ Nothing could be more desirable if such research is in *the right direction—the study of agents that have such degenerating effects on the body and minds of those as yet unborn, as well as those already born, and in addition, honest, unbiased investigation of the destructive results following the constant ingestion of denatured foods.*

EPILOGUE

Condensed Dietetic Instructions

Many of those who procured and studied the first edition of THE AGE OF TREASON, and being informed that we were engaged in revising the book for a new edition, importuned us to add a chapter outlining what natural foods are; how to prepare them; how to combine them; as well as define the DENatured foods. This is a large order and to do it properly, would require many volumes. However, we will endeavor to give an outline that will help the food conscious person to avoid pitfalls on the one hand, and select basic foods on the other.

Possibly, as already pointed out, bread is more largely consumed and by more people than almost any other food. It is also the most abused of all foods, and its *denaturing* is defended on the most untenable ground, even by accepted scientists who should be as well versed in logic as in science.

As an example, according to a report published in the *Los Angeles Times*, as from the Harvard Medical School, Drs. D. N. Hegsted, Martha T. Trulson and Frederick State, indicates that in *some respects*, WHAT respects is not stated, the use of [DENatured, then] enriched flour products *may* contribute more to the nutrition of man than that of whole wheat products.

The *Alibi*: The report is said to point out that by removing the bran and germ, a substance known as phytic acid is eliminated from the diet.¹ This substance, it is claimed, holds calcium

¹ Wheat was used early in the heyday of mighty Egypt. Its use as a basic food has continued to this day. The hardy pioneers and their families who crossed America through the wilderness, suffering every imaginable hardship, consumed much bread without detrimental results. In all instances throughout the centuries until late years, the whole of the wheat with the possible exception of the roughest part of the bran, *was consumed by man. A fact of great importance is that few of the diseases such as Heart Failure, Arterio Sclerosis, Arthritis, and many*

and iron so tightly bound together, that digestion cannot separate them, and the system cannot absorb and make use of them in Nutrition.

Where were Nature Laws throughout the centuries before history was written during which time the wheat was developed as man's most important basic food, and during which period the more than fifteen main minerals, vitamins and acids became part of it? If, throughout these centuries, man had developed the diseases he has within the past fifty years, during which time wheat has been *denuded* of its *life giving* elements, THEN THESE ELEMENTS MIGHT BE BLAMED. THE CONTRARY IS TRUE.

Breads of every type, if made of the *undenuded* and *unadulterated* wheat and other grains, still remain man's most important food, but should be consumed within reason; baked potatoes and brown rice should frequently be substituted.

Milk, eggs and butter might well be classed as the second most important basic food. Milk is a truly basic food only if unadulterated and unprocessed. It should be made use of as fresh as possible, unless it is to be used for its cream, clabbered, or for cheese. Eggs are an important *basic protein food*, but, like milk, MUST BE "NATURAL." This is, as Nature intended; *fertile*. Unfertilized eggs lack the most important element. They are like the wheat from which the VITAL LIFE GERM HAS BEEN REMOVED. WHEN ONE SINGLE ELEMENT IS REMOVED FROM ANY FOOD, IT UNBALANCES THE REST OF THE MINERALS AND VITAL ELEMENTS. THIS CREATES INHARMONY AMONG THE ELEMENTS, AND THE SYSTEM INGESTING THEM, SUFFERS FROM THIS UNBALANCE AND INHARMONY.

Butter, *if* made from fresh, unadulterated cream—sour with its lactic acid, is a perfect fat for the system, and does *not* cause hardening of the arteries. It is butter made from cream

other diseases of like type were almost unknown until the *denaturing* adulteration process started.

that has been adulterated by one means or another, sometimes even putrid, as is often the case as proven by the thousands of pounds annually confiscated by the Pure Food and Drug Agency, IS THE CAUSE OF hardening of the arteries, and other like diseases. Unless there is a certainty that the butter is made from pure, fresh cream, soy bean butter is to be preferred, containing as it does, many elements the system is in need of, and butter does *not* contain.

The same may be said of milk. Many people who are allergic to animal milk and butter, readily and easily digest soy bean milk.

Caution: We have lately received information that now soy butter is also in some instances being adulterated with undigestible highly undesirable fats. *Be on guard.*

Salt, used throughout the centuries for seasoning purposes, has been roundly condemned. It is certain that being a mineral, hence INORGANIC, it is *not* digested. In many ailments it is strongly counter-indicated. Everything considered, it is *best* to use as *little* salt as possible. MORE DESIRABLE, substitute organic, vegetable salt.

Yoghurt is being more and more widely used. It is questionable whether it has greater value than clabbered milk, made from raw, unadulterated milk. Such clabbered milk is rich in the protein *Casein* and Lactic acid. Lactic acid helps to prevent putrifaction of some undigested protein food. As a preference, we choose clabbered milk.

Sugars, or "sweets" are essential in a *limited* amount in the diet. Such sweets should be chosen in this order: Honey (much of it is now adulterated), unrefined (of the blackstrap type) molasses, *fruit sugars*, raw (unrefined) sugar. All refined sugars have practically all of their BALANCING minerals removed and become "scavengers" of minerals—*especially* Calcium—already in the system.

Soybean products, now becoming extensively substituted

for meats and other protein, are ONE OF THE MOST VALUABLE OF ALL BASIC FOODS. These contain the ALL-IMPORTANT *Lecithin*. THE LACK OF LECITHIN IN THE DIET IS BELIEVED, BY EXPERIENCED NUTRITIONISTS AND AN INCREASING NUMBER OF PHYSICIANS, TO BE THE CAUSE OF MUSCULAR DISEASES, AND HARDENING OF THE ARTERIES, AND ITS PROPER USE AS A HIGHLY VALUABLE REMEDY FOR SUCH DISEASES.

Caution: Soybeans, unless properly prepared, are extremely difficult to digest. In preparation they should be soaked in warm water for at least ten hours, then cooked or baked slowly until soft. If thus prepared they are of greater value than meats; due to their richness should be well combined with fresh vegetable salads. Bread stuffs, rice and other starches should not be consumed with Soybeans. Substitute boiled vegetables and the salads.

The Oriental peoples, especially the Chinese, have always been constant users of *Monosodium glutamate* on many of their foods, especially all rice foods, and it is said that they have not suffered from the numerous muscular diseases—dystrophies—as do American adults and children. However, their monosodium glutamate was *always made from Soybean with its rich, ORGANIC Lecithin*, while most, if not all, of the American product is *synthetic* and like most, if not all, synthetics, DETRIMENTAL TO HEALTH. In buying this product, make certain it is *not* synthetic.

Vegetable and fruit juices are valuable, but like all good things, are SUBJECT TO ABUSE. Vegetable juices have the mineral, vitamin value of uncooked vegetables, MINUS ALL ELEMENT FOUND ONLY IN THE FIBRE. THIS IS EQUALLY TRUE OF FRUIT JUICES. To be of *real* value, both MUST BE FRESH AND UNADULTERATED. In general, four ounces of fruit juice the first thing in the morning is sufficient.

Caution: Many people are allergic to fruit and fruit juices because they lack certain digestive juices. Four ounces of vege-

table juices twice a day should be substituted and is amply sufficient. It is to be borne in mind that neither vegetable juices or fruit juices possess the value the vegetables and fruits themselves do, due to the missing of the elements inherent in the fibres.

Frozen foods, if unadulterated, are good food if properly prepared. This is especially true of such foods as lima beans, broccoli, and other vegetables. They are not as valuable nutritionally as when fresh, but of greater value than many canned goods in which preservatives are used. Canning, if done by a *heating process*, or with preservatives, destroys vitamins, ESPECIALLY THE VALUED VITAMIN C, which as far as known, freezing does not.

Caution: In cases of colitis and ulcers, rough vegetables should be most sparingly used. Instead, fresh vegetable juices should be substituted. Where no fresh vegetables can be consumed, six to eight ounces of well balanced vegetable juices may be used a day—tomato and carrot juices in minor quantities.

Citrus fruits, WITH VERY FEW EXCEPTIONS, SHOULD NOT BE EVEN HEATED, MUCH LESS BOILED. Dried prunes, raisins, apricots and the like, should be soaked until soft, BUT NOT BOILED. They may be soaked in what is called a "milk temperature" water.

Cheese, if properly manufactured, is a good basic protein food. The best cheese is what is generally known as home made cottage cheese. This can be used in many ways, more especially as when mixed with cream as a vegetable dressing. Next in value to cottage cheese, are the various "soft" cheeses. However, most of these, to be free from adulteration, are imported and therefore expensive.

All cheese, with the exception of cottage cheese should be used sparingly. The various "hard" cheese, even if unadulterated, are more difficult to digest, and if the digestive juices are weak, may pass only partly digested into the intestinal tract and cause putrifaction.

No more than one ounce of cheese should be consumed at a meal, and this well balanced with vegetables. No milk should be included when cheese is served as a basic food.

The children's delight—Ice Cream. It is generally conceded to contain very little cream in the commercial variety, and that the flavors are *not* natural, but synthetic. In fact, that most of the ingredients bear little resemblance to the ice cream of fifty years ago. There is only one certain safe way to serve your children ice cream. **MAKE IT YOURSELF**, using part cream, raw sugar and real fruit syrup flavoring. This then is *a delicacy and a food at the same time*, free from Toxic substance. This is equally true of soft drinks. **MAKE THEM YOURSELF WITH NATURAL FRUIT FLAVORS.**

VEGETABLES. All vegetables, and even the grasses, are rich in minerals and vitamins. When possible, they should be served and consumed without boiling. Boiling, however carefully done, **DESTROYS VITAMINS** and the important "C" may be wholly destroyed. About one half of the meals—noon and evening—should be composed of raw and boiled vegetables.

Potatoes, though vegetable, must be classified by itself. It should frequently be entirely substituted for bread. The most desirable way for its preparation is either baking or steaming. A warmed up or reboiled potato is an abomination due to chemical changes.

RICE. Only brown or preferably wild rice should be included in the diet. This may be boiled as in soups the same as okra, or boiled and served with drawn butter, or as a rice pudding made with cream, raw sugar and a desired flavor. Unpolished rice helps to prevent mineral deficiency diseases such as the type of beri-beri.

All sea food, but especially oysters, clams and shrimp are more desirable as protein than meats. However, they are more difficult to digest and many people are allergic to sea food. Those allergic must substitute such protein as eggs, legumes,

especially soybeans, lentils, large lima beans, baked bananas, milk; cheese in moderation.

Poultry is classed as meat. Fish, poultry and meats are now generally processed and adulterated with additives. Be on your guard and refuse them unless assured of freedom from adulteration and processing.

VITAMIN C. Much has been said of Vitamin C for two reasons: Its great importance to well-being, and because preparation is liable to destroy the vitamin. Vitamin C is found in most vegetables, corn and citrus fruit. If an additional amount appears indicated, Vitamin C *Complex* (complex only) from rose hips should be added to the diet.

FRUITS, Cherries and Berries. These are rich in fruit sugar. Examine canned cherries, and avoid as a plague those treated with dye coloring.

AVOID PORK. Pork is admittedly a highly desirable protein food, but it is dangerous, a carrier of parasites, unless *cooked or baked for a long time and at high temperature*.

Avoid processed baking, frying fats. They are classed as cancer producing. Substitute peanut oil, sunflower seed oil, cocoanut oil. Some of these are now being adulterated. Watch for this. The old fashioned farmer-rendered lard is not as undesirable as many of the fats now sold which have been processed at high temperatures.

Even in this age of gross commercialism in the food consumed by the mass, it is possible to arrange a well-balanced meal that will (a) help to reestablish health in the ailing by supplying them an abundance of vitamins and minerals in natural *undenatured* and *unadulterated* foods, and (b) avoid processed, adulterated and most, if not all, ready prepared (meals) foods.

The elements of *utmost importance* to EACH AND EVERY ONE, and ESPECIALLY SO TO THOSE SUFFERING FROM HIGH BLOOD PRESSURE AND SOME FORM OF THE ATROPHIES, is Lecithin, due to the fact that almost every one has been consum-

ing denatured foods which no longer contained this element. It is also a key element in nervous and mental conditions but must be consumed in its *natural* state.

The foods richest in this element—*Lecithin*—as well as other elements, are SOY BEANS, egg yolk, caviar, brain and other animal organs. It is also abundant in wheat germ—in the wheat. Strange, too, THAT IT IS BY NATURE COMBINED WITH THE VITAMINS A, D, E, F, and K. Vitamin E is of great importance in keeping the heart normal, or normalizing its action if there is no organic fault.

Vitamin E is very rich in the wheat germ—in the wheat. It is an essential in nerve normality. A German physician, Dr. Evers, has found that Vitamin E was a successful remedy in the *treatment* of multiple sclerosis, WHICH WOULD INDICATE THAT A LACK OF THIS VITAMIN IS BASICALLY ONE OF THE MAIN CAUSES FOR DISEASES OF THIS TYPE. The important fact is that it is to be had in the simple foods such as RAW MILK, VARIOUS SPROUTED GRASSES, ESPECIALLY OATS, UNadulterated honey, raw or very slightly boiled eggs, and in UNTreated meats; meats from animals not fed any of the additives. All these foods named should form the basis of a normal, natural diet.

Vitamin A is an essential to good vision, to the gall bladder, the teeth, bones and the digestive tract. This, like Lecithin and Vitamin E is found in the simple foods which should form part of the every day diet; butter, raw or lightly heated eggs, carrots (in moderation), sweet potatoes and all greens, especially if consumed raw.

The B Vitamins. These are especially important, but in order not to be minus them, NO DENATURED FOOD SHOULD FORM ANY PART OF THE DIET. The B Vitamins may be considered the basic vitamins of all vitamins.

If a sufficient amount of Soybean and its products, and bread made from flour containing the wheat germ not added, but intact, then the system will have a sufficiency of the basic

vitamins and minerals, including the trace minerals. WE REPEAT reference to the Soybean because of its high food value when properly prepared and combined.

A simple diet, the breakfast of which consists of four ounces of either fresh fruit or fresh vegetable juices, one or two lightly boiled eggs and bread made from flour containing the wheat germ, or substituting long-boiled oatmeal with light cream, is a HEALTH *breakfast*. There are many substitutes.

A lunch composed of milk or soup, fresh vegetable salad with cottage cheese dressing and a baked potato, or those who desire, a meat, FRESHLY COOKED, in place of milk, contains all needed elements. Here again there are many substitutes—naturals—for the milk or soups.

The evening meal can be composed of a basic protein, baked or steamed potato, at least one fresh vegetable and possibly two boiled vegetables, will supply the needed vitamins and minerals.

The proteins to choose from are many, so are the vegetables and basic starches: brown rice, barley, okra in soup, potatoes and bread.

When all is said and done, *for those who combine meat in their diet*, an old-fashioned meal of fifty years ago, consisting of meat—either boiled or roasted—well combined with potatoes and various vegetables, is the nearest perfect combination of a diet for health. The non-meat eater may substitute any other high protein for the meat.¹

¹ I am fully aware that this will bring upon me the condemnation of non-meat eaters. Let these give consideration, and their answer, to the mother with eight children, all minors, whose husband has a limited income: "I have given much consideration to your dietetic instructions and agree with them; but, we have eight children, my husband's income is small, how is it possible for me to buy the costly meat substitutes, fresh and frozen vegetables for the dinners of such a healthy, growing

A last word of warning: ALL FOODS SELECTED MUST BE UNDENATURED AND UNADULTERATED. Your health and sanity is worth this watchfulness.

DESSERT

Desserts are the abomination of a normal, healthy diet. Why? Because they almost invariably are partaken of after the diner is actually satisfied, hence they are congesting to the system and not nourishing. If there must be desserts they should be a choice of either rice pudding made of brown rice and milk; egg custard made of eggs, milk and okra flour, gelatin made with Knox gelatin, all may be flavored with fruit flavor of choice; or baked apple and almonds. Any one of these combined with milk or soup would serve as a perfect lunch for sedentary workers.

family? I am able to buy a cheap cut of meat that I know is properly fed and unprocessed and with potatoes, and a variety of vegetables, prepare a dinner they enjoy and which, thus far, has proven entirely satisfactory from the standpoint of health as well as their satisfaction." Can you point out a better way for me to follow?

THE HORRORS OF OUR MODERN AGE

The Age of Treason

The Age of Treason was published less than a year ago. Almost the entire edition has been sold without a line of advertising in any form.

Dr. P., a physician, has this to say of the book:

"THE AGE OF TREASON is superb. As a book to awaken the people and yet do not yourself condemn, but allow the betrayers to condemn themselves is without precedent in such literature."

An Editor:

"*The Age of Treason*," masterful new book by the distinguished scholar and patriot, Dr. R. Swinburne Clymer, has recently been released by The Humanitarian Society. This carefully prepared and handsomely printed book is one which patriots will want in their own personal libraries and which they will want to see placed on the shelves of public and school libraries, as well.

"The title page carries a frank enlargement of the title: '*The Carefully and Deliberately Planned Methods Developed by the Vicious Element of Humanity for the Mental Deterioration and Moral Debasement of the Mass as a Means to Their Enslavement.*' Following this candid statement, the author points out that a vicious undercover war is indeed being waged against the American people, and announces, 'The express intent therefore of this text is to expose these methods, that those who will may protect themselves and their families by means of sane, Divinely-indicated methods at the command of all men and women.'

"With precise and amply-documented scholarship Dr. Clymer proceeds to reveal the subtle techniques of, to quote the text, ' . . . those who by usurped power have the means to destroy man's *reason and manhood*, thereby making of man an *un-reasoning* being, a robot or zombie, preventing him from fulfilling his Divine destiny by making the Soul's awakening impossible.'

"*The Age of Treason* is not a bedtime story book. It is the careful work of a renowned scholar and will almost certainly open up new channels of thinking for its readers. Its profuse footnotes and careful documentation especially recommend it as a reference work for permanent collections."

A book of more than 400 pages, beautifully bound in buckram, \$4.50. Paper covers, \$3.00. Mailed postpaid.

THE HUMANITARIAN SOCIETY, REG.

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Quakertown, Penna.

CONTENTS (added by digitiser of the paper edition)

THE WARNING

You and your loved ones are at this very moment confronted by the greatest menace to health and sanity ever known to mankind.

INTRODUCTION

Whether or not we like it, whether or not they deserve it, in order to save ourselves, we must help others to save themselves.

CHAPTER ONE

A Vicious, Carefully Planned Method for the Mental Degeneration of Mankind, Making of Men Human Zombies, Robots and Automations.

Section One

More on the Subject of Meat-in-toxi-cation.

Section Two

Additives Kill a Million Dollars Worth of Chickens.
How Many of These Diseased Chickens Did You Eat?

Section Three

Adulterated Foods in Restaurants.

Section Four

The Public's Reaction to the Non-Publication of Dr. W. C. Hueper's Report.

Section Five

Additives in Food Considered by Authorities to Be Causative of Cancer, The Destroyer.

Section Six
The Food We Eat--The Manner in Which
Processors Handle Food May be the Cause
of Cancer, or Help Prevent It.

CHAPTER TWO

The Agents of Death, the Decisions of Food and
Drug Administration, and the Testimony of
Experienced, Reputable Medical Men.

Section One
The Grains as Basic Foods, or
Deterrents to Health and Well-Being.

Section Two
Explanations or Apologies by a Baker of Bread.

Section Three
EMBALMING FLUIDS IN CEREALS.
As with bread and several other staple foods, both
Children and Adults are the Victims of
Poisonous Additives in their Cereals.

Section Four
Antibiotics in Milk Presents Problem to
Dairy Industry.

Section Five
Candy, an Uncontrolled Concoction:
Much of a Toxic Nature.

Section Six
An Example of American Food Unconsciousness.

Section Seven
Food Additives, Past and Present.

Section Eight
Are Foods That Build Up Resistance
Without Value?

CHAPTER THREE
Muscular Atrophy.
The Children's Crippler.

Section One
Sodium Fluoride, as Pointed Out in the First Part
of This Chapter, Has the Potential Power
to Harden or Paralyze the Muscles, Hence
Dr. Hueper's Expert Opinion Is Apropos.

CHAPTER FOUR
Mass Water Medication to "Tame" American
Minds and Destroy American Initiative.

Section One
Dangers in Fluoridating Public Water Systems.

Section Two
Some Opinions of the Proponents
For Fluoridation.

Section Three
The Menace of Fluorine to Health.

Section Four
Medical-Dental Ad Hoc Committee Findings
on Fluoridation.

Section Five
Sodium Fluoride a Dangerous Drug:
The Mass the Victims.

Section Six
Canada Again in the Forefront in Its efforts to
Protect the Health of the Mind and Bodies
of Her People.

Section Seven
The Final Insult to the American People:
Fluoridation and Betrayal of the People
by Public Officials.

CHAPTER FIVE

Addendum.

More Members of the Legislative Bodies Becoming
Conscious of the Need for Laws That Will
Actually Control the Use of Additives.

Section One
Congress Must Act On Food Additives.

Section Two
States Beginning to Become Conscious of the
Necessity for Proper Legislation.

Section Three
A New Manifestation of Disease.

EPILOGUE

Condensed Dietetic Instructions.

THE HORRORS OF OUR MODERN AGE

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